

IDYLIC SCENERY of North Saanich will be protected under the new community plan. The municipal council failed to give the bylaw

establishing the plan final reading this week, but the plan is expected to become law before the end of this month. For story see page 10.

Peter Pollen Speaks His Mind In Sidney

By GORDON EWAN

Twenty-seven persons, including organizers, attended the Sidney Hotel on Monday night to hear Peter Pollen campaign to become the Progressive-Conservative party's candidate in the next federal election.

In late August, Peter Pollen, ex-alderman and former mayor of Victoria, announced he would contest Donald Munro, the incumbent member of parliament for Esquimalt-Saanich, at the P.C.'s nomination meeting then scheduled for Saturday afternoon, September 8. His entry into what otherwise would have been a mere formality precipitated an intense campaign for support within party ranks and for recruits to the party by both contenders.

The nomination meeting became postponed to October 29 and its location was changed to the Memorial Arena, which can accommodate the much larger party membership now expected to participate.

Meanwhile the campaign continues and has developed into what is virtually a local federal by-election since public interest has been aroused and national issues are being debated.

At Monday night's rally, Peter Pollen was introduced by Russ Simpson.

Russ Simpson said he was disturbed.

Canadians, he alleged, "have been lead down the road." The Liberals, he charged, have lost control of their own party and even

Trudeau was worried: They have indulged in sophistry, done a snow job and kept people from being aware of issues. It was appalling, Simpson declared.

"This must stop and stop fast" Simpson continued, "Men of resolution are needed to fight and fight hard."

POLLEN PRAISED

Peter Pollen who had done an outstanding job as mayor of Victoria was such a man, Simpson concluded, but to become federal candidate he first needs votes as a member of the Progressive-Conservative party at the coming nomination meeting.

In opening his address, Peter Pollen characterized his opponent as the "invisible man."

He has not been seen" Pollen told his audience, "I have not heard my opponent really accuse me of anything except that I am running against him. I would like to hold a public debate with him."

Pollen then changed themes. There were two reasons, he said, for his opposing Munro, first he was asked to do so by party membership, and secondly this country needs an active, wide awake businessman in the Conservative Party, which was not growing vigorously enough and fast enough to take on Trudeau. "If the Conservative Party does not in the next six months live up to its great historic challenge founded by John A. MacDonald, then we will slip into a one party political system", Pollen declared.

"Canada is run", Pollen

warned up, "by the senior bureaucracy in Ottawa and is dominated by 20% of Canada, namely the Province of Quebec. Yet Canada is 75% English speaking."

There was Jean Chretien, Pollen said, who had virtually no qualifications as Minister of Finance, Marc Lalonde, and the Prime Minister, all French Canadians negotiating for the rest of Canada.

The people of Quebec, Pollen explained were magnificent citizens, but there were also many other

ethnic groups who speak the one language which unifies the country.

The bureaucracy is obsessed, Pollen claimed, by accommodating Quebec and cited the bilingual programme in the federal civil service as an example.

INFLATION DISCUSSED

Amongst other ills, Pollen also mentioned inflation, devaluation of the Canadian dollar and the collapse of secondary industry.

"We are in a bad way"

Pollen stated, "because one party, except for six years, has ruled since 1935. If we don't get a new government, then we'll have a one party government - a virtual dictatorship of the civil service - just like in Russia. Our bureaucracy is already entrenched - dictatorship may not be so far away".

The United States, Pollen went on, got rid of an imperial government and Canada must do the same, he urged.

In concluding, Pollen declared, "I am concerned

and that is why I am running."

"Few people take an active interest in their country and if they continue to send the same type of civil servant from this constituency, - a fine man but not a man who is known to make waves, - then we are in trouble", he said. "We are sending people to Ottawa who are nice men but gutless and who won't stand up and be counted. They won't rock the boat, they are creating a fool's paradise, not reality. It's time we stopped. With your help let's light a small candle in the darkness of Ottawa."

The question period produced few new topics.

When asked why he chose to contest in the Conservative Party, Pollen replied he had been a liberal, like his family, until 1966 when Walter Gordon 'got crucified'. He left then and joined the conservatives. He had been, Pollen said, a Vice President of the Conservatives in Victoria.

When asked if he would remain a conservative, if elected, Pollen replied he would.

"A man does not have the right to cross the floor after he was elected to represent the constituency. Scott Wallace, Horner, and Hugh Curtis all should have resigned and faced a by-election" Pollen avowed.

When asked what he could do as a back bench, Pollen replied he had been in impossible positions before, such as when he "lost" an alderman, and it could still try.

Residents Petition Against Possible Threat To Wildlife Sanctuary In Harbour

TOTAL DEVELOPMENT PROPOSAL SPANS 36 ACRES IN NORTH SAANICH

Final reading is due soon for the North Saanich community plan, establishing development policies aimed at maintaining the municipality's natural beauty and orderly population growth.

The plan, laid out by law under the Municipal Act, must be reviewed at least every five years by North Saanich council to determine if policies established this year will sufficiently meet the needs of the municipality five years from now.

He also seeks development of a 20 acre parcel set back from the waterfront as a high density residential housing site, according to North Saanich Municipal clerk Ted Fairs.

The total proposal covers an area of 36 acres, said Fairs in an interview Tuesday, and, to date, the general idea only has been put forward by Wright.

"We are not into the details yet," he said, adding that the development would be a long term project if approved by council.

At Monday night's council meeting the proposal was referred to committee for study and a report is expected on Oct. 17.

Twenty-seven residents attended the meeting Monday and, according to Grieve, it will be a prime consideration that once Wright's plans are known a public information meeting will be held at the earliest date.

May John, founding member of the Sidney Museum and a descendant of a local pioneer family, claimed that the last thing North Saanich needs is another marina right in the heart of the wildlife sanctuary.

"We need marinas and boats, naturally, but let them be built to the North," she pleaded in an interview Tuesday.

"We need to preserve one place for the birds." Along with flocks of geese and swans Mrs. John reported that she has frequently observed Yellowlegs, Great Loons and Red Throated Loons in the sanctuary to mention only a few species.

"And there are not only birds...there are 43 seals here with their pups and the killer whales come right into the bay."

In a letter to council R.W. Langford, 478 Viaduct Ave. expressed his concern for the proposed development saying, "Intense marina developments in Canoe Cove, Bosuns Marina, Westport Etc., have vir-

Woman Shoots Hole In One

Mab Bacon of Sidney shot a hole in one at Ardmore Golf course last week while playing with two friends, Irene Yell and Maxine Johnston.

Mrs. Bacon holed the ball on the ninth with a five wood, a distance of about 130 yards.

portant bird sanctuary in Tsehum Harbour."

She went on to say that it concerns her deeply that the "majority of people have not been given time to gather in forces to voice their protest."

At present there are virtually hundreds of boats now docked and traversing the waters of the wildlife sanctuary which was dedicated in 1931 by the Federal Government, according to Mrs. John.

The area of the sanctuary stretches from the outskirts of Sidney and includes all of Tsehum Bay and All Bay and Blue Heron Basin.

Fairs explained that the next step after the committee takes a look at the proposal would be for the municipality to hold a public information meeting so the developer can explain the intent and aims of his project.

A land-use contract would follow if council approves the plan and then public hearings would be held, he said.

Mr. Wright was not available for comment.

Owen Philp To Run For Mayor In North Saanich

Alderman Owen Philp announced his decision to run for mayor in the upcoming North Saanich municipal elections, Tuesday.



Owen Philp

Philp has been on council one year and has served on the subdivision and zoning committee and fire committee.

Philp said he was elected last year because of his opposition to the zoning by-law and that since then he has been a member of Committee A, the committee that reworked the by-law and devised a community plan, until they were "essentially acceptable to the vast majority of the residents."

"Now that we have a community plan, it is important that it be properly administered, especially in the beginning stages..." he said.

An experienced administrator would be necessary, he said, for the

plan to work. There are many subdivision applications on file to be sorted out after the by-laws are in place, he pointed out.

"I'm concerned about the negotiations to bring water to the peninsula," he said. The three municipalities are not getting along, Philp said, and he stated this approach was not likely to achieve the lowest priced water. He tentatively supported a proposal to dissolve the Saanich Peninsula Water Commission and to transfer all assets to the Greater Victoria Water Board, in hopes of getting lower priced water.

He said it was his intention to keep taxes at "an acceptable level." Two increases he could see in the future would be the hospital assessment and possibly water costs.

Finally one of the lesser reasons he decided to run for mayor was because, "I would not want to see the election go to acclamation."

Philp, 53, is a retired airforce officer. At the time of his retirement he was base commander at Moose Jaw, essentially administering and running the Department of National Defence in Saskatchewan.

This has been his first year in municipal politics. He has lived in North Saanich since his retirement. His grandfather was one of the original farmers of the area and Philp retired to the family farm where he works as a part-time farmer.

CHAMBER OPTIMISTIC ABOUT FERRY FUTURE

Sidney and North Saanich chamber of commerce is optimistic about the future of a ferry service between Sidney and Anacortes.

Chamber president Hank Vissers said after a meeting with members of the Anacortes chamber of commerce last week that the situation "looks as encouraging as heck."

"Everything up to now is falling in place."

Three representatives of the Anacortes chamber held a luncheon meeting with their counterparts from Sidney and the Greater Victoria chamber to provide updated information concerning the continuation of the service.

The run was scheduled to be abolished next January but Washington Governor Dixie Lee Ray promised to keep the service operating.

while alternatives were being considered.

Vissers said the American officials are looking at two European vessels and there apparently are others available which would be capable of plying the Strait of Georgia.

A total of about \$3 million would be needed to purchase a ship and for start up costs.

The next step, Vissers said, is to determine if an American federal grant totalling 80 per cent of the initial costs would be available along with a 20-per-cent grant from the Washington government.

The U.S. Economic Development Association would likely provide the 80-per-cent grant, according to one Anacortes chamber member, because some 200 jobs would be jeopardized by the elimination of the ferry service.

Vissers said the estimated 200 jobs include people directly involved with the ferry service and others in related industries such as hotels, restaurants, or tourism.

The Anacortes chamber, with the co-operation of Washington government officials, must present an economic impact study to the federal government to indicate how Skagit County would be adversely affected by the removal of the ferry service.

If the money is available, Vissers said, an expert would be sent to Europe to examine the vessels available for purchase.

The Sidney and Greater Victoria chambers aren't involved in the financing of an alternate ferry but have agreed to contribute a total of \$5,000 toward the costs of preparing the overall proposal.

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YOUNG FISHERMAN CATCHES WHOPPER

A young fisherman trying his luck from the Mill Bay ferry terminal last week got luckier than he expected. Caught himself a ferry. A ferry employee told a Review reporter who boarded the ship at Brentwood Bay that the youngster was casting his lure from the dock as the ferry was leaving and it hooked under a railing on the vessel.

"Poor little guy lost all his line," the ferry employee said. "Guess I'll give it back to him when we get to the other side."

The docks on both sides of Saanich Inlet have been a favourite spot for young cod jiggers and spincasters for years and it may soon be that there will be no other use for the docks.

While directors of the B.C. Ferry Corporation have been too busy with other priorities to discuss the fate of the Brentwood-Mill Bay Ferry run, the

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docks on either side of the inlet are continuing to deteriorate.

B.C. Ferry traffic manager Ken Stratford told The Review this week that the corporation's directors have been concerned with providing adequate service to northern communities where, in many places, there's no service at all.

As a result, he said, the status of the Brentwood-Mill Bay run hasn't changed much since it was learned last spring that the service could be doomed.

Stratford said the value of the service must be assessed to determine if the corporation should spend a total of between \$600,000 and \$800,000 in repairs to the docks at both terminals.

B.C. Ferry engineers have been checking the docks periodically, he said, and more detailed discussions will probably be held when the directors have solved transportation problems in the north.

The Cowichan Valley is a rapidly growing area, Stratford said, and the corporation is considering the need for a service between the Duncan area and the northern end of Saanich Peninsula.

The increase in the number of workers travelling to Patricia Bay because of the new federal Ocean Science Institute is also a factor to be considered in deciding the future of the ferry service, he added.

The ferry service was originally provided to transport workers to Ocean Cement's operations at Bamberton in the 1920s when the Malahat Highway was a horse and buggy trail.

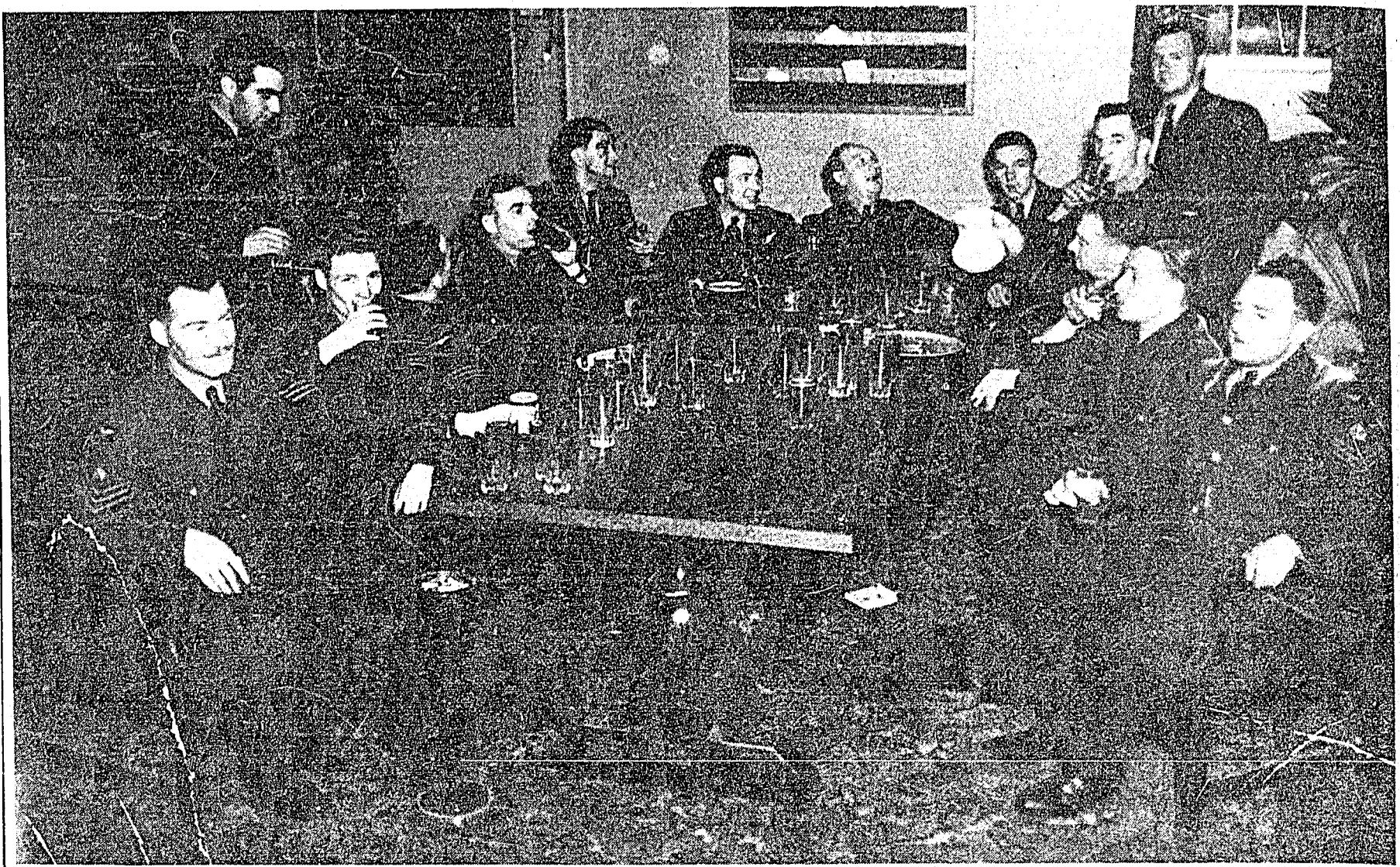
That service is no longer needed and any link between the peninsula and the mainland of Vancouver Island should be placed further north.

One idea under consideration, Stratford said, would be to place the terminals at Hatch Point and Swartz Bay.

The Hatch Point terminal would be convenient for Duncan area residents while a terminal at Swartz Bay would provide closer access to both the business areas on the peninsula and to the Gulf Islands.

Suggestions that the corporation is considering the ministry of highways to assume responsibility for the service aren't true, Stratford said.

The idea may have been discussed at the ministerial level, he said, but it hasn't been discussed by corporation employees.



WELL KNOWN PENINSULA YACHTSMAN Stan Jones (second from right in this photo) came upon this picture recently. It was taken some time in late 1943 and reveals a scene of somewhat boisterous activity within the RAF sergeant's mess at the Patricia Bay aerodrome. Only

three of the 16 men present appear to be smoking. Mr. Jones told the Review that he was stationed here for 18 months during the war and that following the cessation of hostilities he decided, like many of his colleagues, to make this area his home.

McTavish Road Store May Be Forced To Close

Unless structural and electrical renovations have been carried out at the McTavish Road Store, North Saanich council may have to ask for its closure in the near future.

Four months ago council told Oakcrest Park Estates, owners of the store, that unless certain renovations were carried out to make the building safe structurally and from the point of view of fire safety or unless Oakcrest could give council a definite idea of when the building would be replaced it would be closed in accordance with the fire marshal's act.

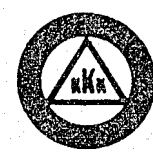
Council's own engineering and fire department staff have inspected the building but before it is closed an outside professional engineer will be called in to examine the premises as the owner requested. Oakcrest claimed the building was not in as bad a state as claimed by council.

Council is particularly concerned about the building because there are living quarters in the upper part.

Oakcrest was given several months to bring the building up to standards and council does not know whether those renovations have been carried out.

Council received a letter from Oakcrest at the meeting, informing them that, "We (Oakcrest) are at this time unable to produce sufficient market analysis to show us the economic viability of erecting a modern shopping complex. Should the area, in particular Dean Park Estates accelerate in population we would alterately go ahead with a commercial centre."

Previously council had indicated it might be more lenient in its requirements if the store was to be rebuilt in the near future.



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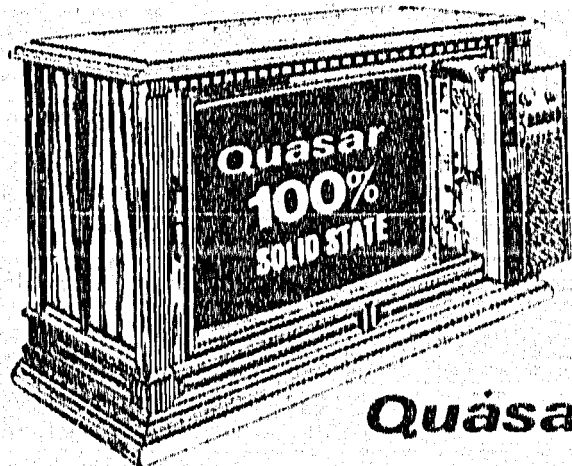
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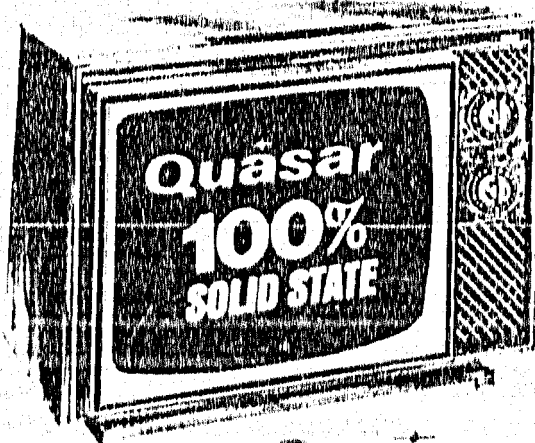


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COMMUNITY PLAN READY FOR COUNCIL

North Saanich's sub-division and zoning committee recommended last week that the municipality's proposed community plan be adopted with several amendments by council.

Several council members met with Jim Campbell, chairman of the capital region board, to solicit the board's opinion of the plan. There had been indications that the board was unhappy with the population level anticipated in the plan.

The North Saanich community plan predicts a larger population than what is permitted in the development plan for the capital region.

The committee agreed to recommend two amendments at Campbell's request.

Under those amendments, agricultural land reserve areas would be more clearly defined and plans for sewer and water in Ardmore would be

clarified. Although committee members had previously objected to putting Bazan Bay Motel into a motel zone they reversed their decision and moved it from residential zoning. The motel is non-conforming but the owner feels if he wants to sell it is more advantageous to be in a motel zone.

Again the committee refused several requests from a few Lands End Road property owners to change their zoning from two to one acres.

The plan may be passed in the next few weeks.

The Brentwood U.C.W. met on September 16th at the home of Mrs. Fred Smith, Tamany Road, Mrs. Huckle, President, took the meeting and the Rummage Sale to be held on Saturday, October 22nd and the Bazaar to be held on November 19th, were planned.

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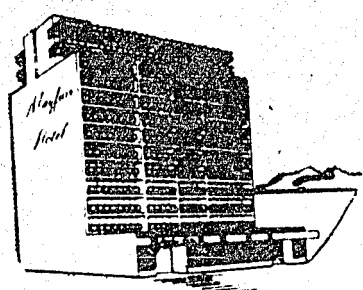
The event will commence at 8 a.m. Saturday and Sunday and will continue until dusk. Whippets, Borzoi, Greyhounds, Irish Wolfhounds, Afghans and Scottish Deer Hounds will be among the animals competing.

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OBITUARIES

SNOW

In Sidney, B.C., on October 1st, 1977, Mr. Reginald Weston Snow, aged 79 years. Born in Ottawa, Ontario, and had been a resident of Sidney for the past 11 years; late residence, 9999 Third Street. He leaves his loving wife, Ruth, at home, son, Donald and daughter, Patsy Berry, Montreal, Quebec; five grandchildren; sisters, Mrs. May Rennie and Mrs. Hilda Smitherst, Ottawa, Ontario; brothers, Walter Snow, Richmond, B.C., Dr. Vernon Snow, Hampton, New Brunswick. The late Mr. Snow was a member of Sidney Lodge No. 143 A.F. & A.M. B.C.R.

Service was held in the Sands Funeral Chapel of Roses, Sidney, B.C., on Tuesday, October 4th,

1977, at 3 p.m., Rev. R.H. Pratt officiating. Cremation.

WHIPPLE

Peacefully at Rest Haven Hospital after a lengthy illness, on September 26th, 1977, Mr. Clifford Nicholas Whipple, age 71 years. Born in Fort Macleod, Alberta, and had been a resident of North Saanich, B.C., for the past 25 years, residing at 8898 Marshall Road, formerly of Fort Macleod, Alta. Survived by his loving wife, Claudia, at home; daughters, Mary Scales, Vancouver, B.C., Barbara Spinney, Port Alberni, B.C., Mrs. Dennis (Peggy) Bowcott, Mrs. Ray (Nicki) Bowcott, Sidney, B.C., Louise Hadfield, Victoria, B.C.; 10 grandchildren and one great-grandson.

Snow Plow for North Saanich

North Saanich will purchase a snow plow for the upcoming winter season, it was decided at council Monday.

The snow plow attachment will cost approximately \$9,000 and should be available for use in the next few months.

The money was not

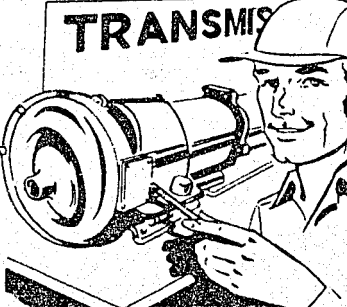
budgeted for the 1977 budget and will be taken from a fund for minor repairs to a public works building.

"It begs the question of what we've done for the last ten years," commented Mayor Paul Grieve, before voting for the motion.



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Service was held in the Chapel of Eden's Funeral Home, Fort Macleod, Alberta, on Friday, September 30th, 1977, at 2:00 p.m., Rev. Derek Hoskin officiating. Interment in the Union Cemetery, Fort Macleod, Alta. Memorial service will be held in St. Andrew's Anglican Church Third Street, Sidney, B.C., on Saturday, October 8th, 1977, at 8 p.m., Rev. Robert Sansom officiating. (Flowers gratefully declined.) Arrangements by the Sands Funeral Chapel of Roses, Sidney, B.C.

McCULLOUGH

Friends in Sidney will regret to hear of the deaths in Vancouver, B.C. of Mr. W.C. (Mac) McCullough, on September 10, 1977 and his wife Margaret, on September 23, 1977. Former residents 9841 Resthaven Drive, Sidney, B.C.

GRANT

In Victoria, B.C. on September 28, 1977, Mrs. Phyllis Joyce Grant, age 49 years. Born in Montreal, Quebec and had been a resident of Sidney, B.C. for the past 5 years, residing at 2296 Henry Avenue, formerly of Bancover, B.C. She leaves her loving husband, Fred, sons, Peter and Kevin, daughters, Lynn, Leigh, Lorraine, granddaughter Tanya Lynn, all at home; brothers, George and Howard Cartwright, sisters, Mrs. Irene Lewary, Mrs. Iris Parsons, Mrs. Doris Gates, Mrs. Jean Stentafor, all of Quebec. Mrs. Grant was acting secretary of the Ladies Auxiliary Branch No. 302, Sidney, B.C. Armu, Navy and Air Force Veterans of Canada.

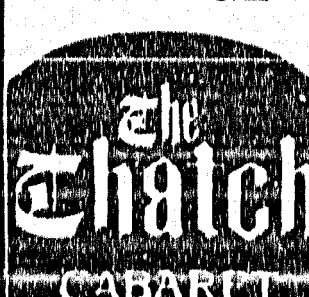
Service was held in the Sands Funeral Chapel of Roses, Sidney, B.C. on Monday, October 3, 1977, at 3 p.m. Rev. Ivan Futter officiating. Interment in Royal Oak Burial Park. Flowers gratefully declined. Those so desiring may contribute to the United Appeal.

ATKINSON

In Sidney, B.C. on September 30th, 1977, Professor Alfred Lyford Courtenay Atkinson, M.Sc., F.R.S.A., M.I.N.A., age 80 years. Born in Stockton-on-Tees, County Durham, England. Resident of Sidney, B.C. for the past 34 years, formerly of Saskatoon, Sask. He leaves his loving wife, Peg, daughters, Heather and Pat, nieces and a nephew in Canada, cousins of England. He was a Professor of Engineering Department of the University of Saskatchewan from 1929 to 1950 and with the Royal Roads Military College from 1950 to 1963; served with the R.C.N. during the Second World War in Constructor Branch.

Service was held in Holy Trinity Anglican Church, North Saanich, B.C. on Wednesday, October 5, 1977 at 11:00 a.m. Interment in Holy Trinity Cemetery. Flowers gratefully declined. Those so desiring may contribute to the Holy Trinity Church Organ Fund. Arrangements by the Sands Funeral Chapel of Roses, Sidney, B.C.

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BURNS Cottage Rolls LB. \$1.69	MAPLE LEAF BONE IN Ham Shanks or Whole LB. \$1.09	Fresh Turkeys Available Thursday. 6-8 lbs. 14-16 lbs.

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Sweet Potatoes or Yams 2 LBS. 49¢	Brussels Sprouts LB. 49¢	FRESH Cranberry LB. 39¢
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MAPLE LEAF Mincemeat Rum & Butter 24 oz. \$1.59	SNO'FLAKE Shortening 2 1/2 lb. \$1.59	Cranberry Sauce OCEAN SPRAY 14 oz. 59¢
E.D. SMITH Pie Filling Cherry or Blueberry 24 oz. 89¢	E.D. SMITH Pie Filling Pumpkin 24 oz. 69¢	CARNATION Coffee Mate 11 oz. 89¢
H.P. Sauce 16 oz. 89¢	Garden Cocktail E.D. SMITH 28 oz. 59¢	McLARENS Sweet Mix Pickles 32 oz. 99¢
CASHMERE Bathroom Tissue 4 rolls 79¢	VIVA Paper Towels 2 rolls 99¢	McCALLS WHOLE Mushrooms 10 oz. 69¢
Ivory PERSONAL SIZE 4 bars 79¢	TIDE Detergent 10 lb. \$5.29	ARDMONA Peaches & Pears 28 oz. 69¢
Spic & Span 68 oz. \$2.29	Bold 5 lb. \$2.79	COMET Cleanser 22 oz. 49¢
		HARVEST Margarine 3 lb. \$1.39

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Need For Action

Since the independent water authorities of Sidney, North and Central Saanich were disbanded and Peninsula water supply became a function of the Capital Region District, residents have expected quick progress in the negotiations for extending the Greater Victoria system to serve the three municipalities. While the benefits to be derived are plain to see, there is no such clarity concerning the eventual cost to the consumers.

As a necessary preliminary in the direct approach to the Greater Victoria Water District the Capital Region set up the Peninsula Water Commission to study basic problems and agree at general policy, the Commission to report to the Region which has assumed financial responsibility for the proposed extension.

Serving on the Commission are two elected delegates from each of the three municipalities, plus appointed chairman former North Saanich mayor Jim Cumming, and an appointed representative of the farming community.

To suggest that the Commission is in a state of deadlock after many meetings may be an exaggeration, but it is apparent that some of the elected delegates have tended to approach discussions in a parochial frame of mind rather than concentrating on a wider field of vision. To an extent such an attitude can be understood, because the Peninsula water authorities were dissolved in a somewhat arbitrary manner, and the hard facts of the new deal are a little painful to digest. Delegates therefore are keen to seek the best possible terms for their constituents and quick to challenge any apparent inequities.

In the circumstances delay may be regarded as inevitable, but until a common policy is agreed there can be no positive approach to the Greater Victoria District, and no start on the installation.

There are large areas of dispute between the Victoria and Regional districts: questions involving buying-in to the entire Sooke water system; ultimate ownership of the waterline to link Haliburton reservoir to the Central Saanich boundary at Dooley Road, and the desire of Saanich municipality for the right to draw-off up to one million gallons a day from the new pipeline.

It may rightly be thought that the fundamental financial problems are so complex that only the eye of the provincial government can see the picture in full perspective. Consequently it is reasonable to suggest that the time has come for Minister of Municipal Affairs, Hugh Curtis, to step boldly from the sidelines.

There is a need for realistic terms of reference, and a financial settlement that will be acceptable to all the parties concerned. Departmental staff have already helped the Peninsula Commission with information and advice, but at this stage and in the negotiations to follow we believe that the personal intervention of the Minister is necessary for the success of the project. Otherwise a situation of stalemate is likely to ensue.

Silver Threads News

Oct. 10, MONDAY — Centre closed for Thanksgiving Day — open 1 to 4 p.m. for drop-ins.

Oct. 11, TUESDAY — 9 a.m. centre open, cards, shuffleboard, library; 10 a.m., oil painting, seranders practice; noon, lunch; 1 p.m., oil painting; shist; crochett; 7 p.m., shuffleboard & games night.

Oct. 12, WEDNESDAY — 9 a.m., centre open, cards, shuffleboard, library; 10 a.m., novelties, rug hooking; noon, hot dinner; 1 p.m. discussion group; 2 p.m., concert with The Melodians.

Oct. 13, THURSDAY — 9 a.m., centre open, cards, shuffleboard, library; 10 a.m., weaving, decorator painting; noon, lunch; 1 p.m., dressmaking, bridge; 7 p.m., crib.

Oct. 14, FRIDAY — 9 a.m., centre open, cards, shuffleboard, library; 10 a.m., knitting, keep-fit, beadwork, quilting, senior ceramics; noon, lunch; 1 p.m., creative writing; 1:30 p.m., stretch & sew; 2 p.m., jacks; 7 p.m. evening cards.

Oct. 15, SATURDAY — open 1 to 4 p.m. for drop-ins.

Oct. 16, SUNDAY — open 1 to 4 p.m. for drop-ins; morning coffee and afternoon team served every day; senior citizens and visitors welcome.

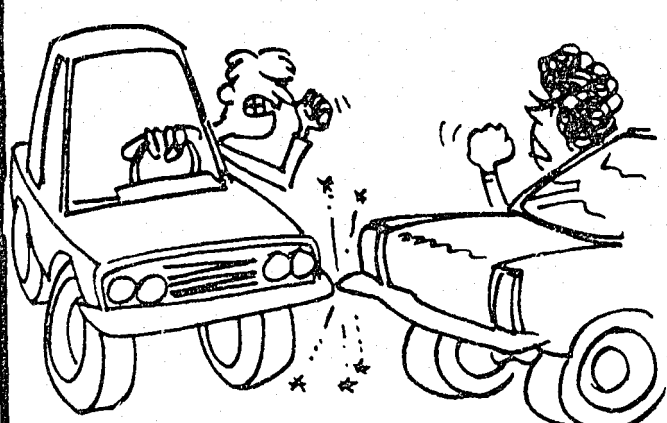
Tickets on sale for trip to Reifel bird sanctuary - Oct. 18, Halloween Dance - 6:30 p.m. Oct. 29th. Instructors needed for novelties class, and for proposed classes in macrame, lapidary, leatherwork, and conversational French.

WEATHER SUMMARY October 3, 1977			
Temperatures	High	Low	Wind
Oct. 3	12.2°C	5.2°C	SW 10-20
Oct. 4	12.2°C	5.2°C	SW 10-20
Oct. 5	12.2°C	5.2°C	SW 10-20
Oct. 6	12.2°C	5.2°C	SW 10-20
Oct. 7	12.2°C	5.2°C	SW 10-20
Oct. 8	12.2°C	5.2°C	SW 10-20
Oct. 9	12.2°C	5.2°C	SW 10-20
Oct. 10	12.2°C	5.2°C	SW 10-20
Oct. 11	12.2°C	5.2°C	SW 10-20
Oct. 12	12.2°C	5.2°C	SW 10-20
Oct. 13	12.2°C	5.2°C	SW 10-20
Oct. 14	12.2°C	5.2°C	SW 10-20
Oct. 15	12.2°C	5.2°C	SW 10-20
Oct. 16	12.2°C	5.2°C	SW 10-20
Oct. 17	12.2°C	5.2°C	SW 10-20
Oct. 18	12.2°C	5.2°C	SW 10-20
Oct. 19	12.2°C	5.2°C	SW 10-20
Oct. 20	12.2°C	5.2°C	SW 10-20
Oct. 21	12.2°C	5.2°C	SW 10-20
Oct. 22	12.2°C	5.2°C	SW 10-20
Oct. 23	12.2°C	5.2°C	SW 10-20
Oct. 24	12.2°C	5.2°C	SW 10-20
Oct. 25	12.2°C	5.2°C	SW 10-20
Oct. 26	12.2°C	5.2°C	SW 10-20
Oct. 27	12.2°C	5.2°C	SW 10-20
Oct. 28	12.2°C	5.2°C	SW 10-20
Oct. 29	12.2°C	5.2°C	SW 10-20
Oct. 30	12.2°C	5.2°C	SW 10-20
Oct. 31	12.2°C	5.2°C	SW 10-20

News Item: Oct 9-15 IS FIRE PREVENTION WEEK....

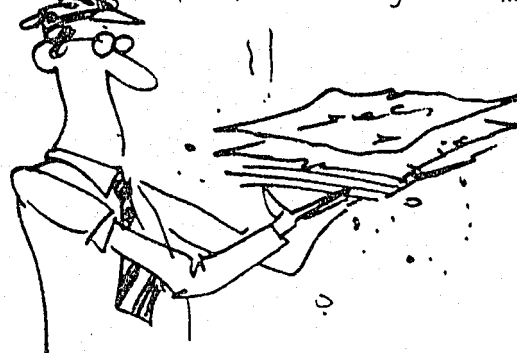
SO IT SEEMS LIKE AN IDEAL TIME TO REMIND EVERYONE OF SEVERAL FIRE HAZARDS UNIQUE TO THIS AREA, IN ORDER TO AVOID THEM....

Watch out for spot fires caused by sparks from minor collisions on Beacon Avenue...



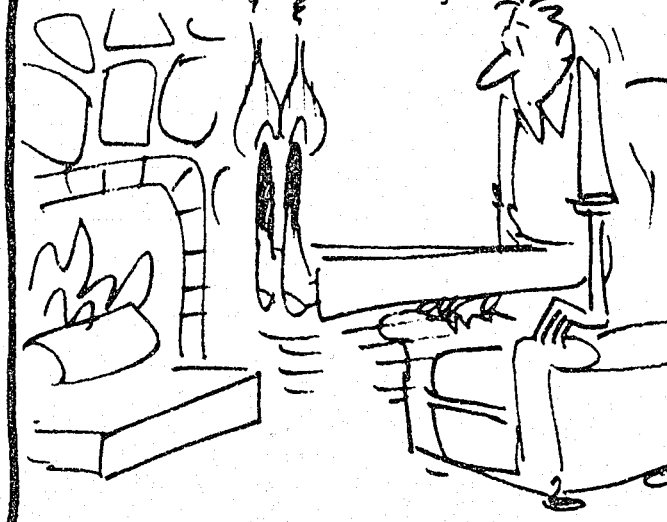
...as parallel-parking advocates and angle-parking advocates continue to jockey for position...

Direct rays of daylight may cause Spontaneous ignition...



...when ancient, dried-out plans and proposals for Sidney breakwater are brought out of storage catacombs...

Beware of "Too-Hot Tootsies"... caused by sitting too close to fireplace on cool fall days...



And a problem everywhere... over-enthusiastic use of hot-air blow-dry hair styling....



LETTERS TO THE EDITOR

Editor,

The Review, Sir:

One of Victoria's finest musicians and teachers passed away recently.

Cardo Smalley, a master of violin and viola, was a wonderful teacher and conductor and will be greatly missed by those in Victoria who are ardent music lovers.

He came to reside in Victoria after a long professional career in Vancouver. Mr. Smalley was well-known for his expertise in symphony, ensembles, radio and T.V. and for his willingness to impart his skills to schools and pupils.

Many string players across the province who have been fortunate enough to study under his inspiring guidance will carry on with improved musicianship instilled by this fine man.

He was a joy to know and to hear play the violin.

We will miss you, Mr. Cardo Smalley.

Linda A. Luttman,
4356 Santa Fe Pl.
Victoria

Editor,

The Review, Sir:

As a member of a pioneer family and property owners in North Saanich since 1863; I would like to be heard: I strongly oppose any further development of North Saanich Marina Ltd., formerly Bosun's Marina, McDonald Park Road in North Saanich. This particular part of North Saanich is an unique waterfront habitat, the only such place left in our municipality.

Are we not willing to do with less in order to preserve our country for the future generations to enjoy?

Do we, have to bow to the whim of every developer who comes along?

The animals who share our planet have evolved with unique and marvelous mechanisms for survival and sometimes in our rush to master the earth around us, we forget to listen to what nature is trying to tell us.

Please, every concerned citizen rise up and save this thier last home in North Saanich.

May John
Blue Heron Road

Editor,

The Review, Sir:

Here I have an article that tells of "The Chemical Assault on our Natural Defences concentrating on the destruction of the red and white corpuscles we need to keep us healthy." As I read, plastic food containers are guilty. I carry the symptoms of this abuse of my body: premature old age. I eat 120 lbs of honey - to hell with metric - each year from plastic containers.

To offset this I eat

organic vegetables and concomitants. But! I just don't care to play Russian roulette. As my wife needs me - what to do. She doesn't use the curred things. Too late to throw out this year's honey. Been going on too long.

F.A. Thornley
Saanichton

Editor,

The Review, Sir:

The letter from Mr. Malcolm in last week's Review is the most astonishing and blatant example of gross ignorance and monumental conceit that I have ever seen. "Redistribution of wealth" and "true representatives of the people" indeed!

I am overwhelmed by the sheer sophistry of his arguments. Just prior to his becoming mayor, as chairman of the finance committee Malcolm was instrumental, in spite of my objections, in obtaining a substantial increase in the indemnity paid to mayor and aldermen. Was Mr. Malcolm as concerned then for "those who can least afford to be taxed (yes taxed)"? In view of his past actions, I marvel that he can write such utter drivel.

His closing phrase, "Lest I be accused of destructive criticism" should warrant an "Emmy" as the understatement of the year.

Stanley H. Dear

Editor,

The Review, Sir:

Your article about American exchange rates causing a dispute in your September 28th issue prompts this note.

No doubt that American tourist from California will be sure to tell all his friends about the "gouging" he received from the service station operator in Central Saanich.

But you do not have to be an American tourist from California to get the same treatment from a Sidney steak house in the Beacon Mall.

My wife and I arrived in Sidney on the Anacortes ferry on September 24th at noon, and on arriving home were met by four relatives from Alberta who had just arrived on the B.C. ferry. No problem other than a quick trip to the store to replenish the fridge. Used our Travellers cheques (American) and received our just exchange.

The next night - Sunday - we took them downtown to dine, and were only allowed 3% on the same currency. Its ironical that we purchased the American funds prior to our departure, right next door at the Credit Union. And on checking later found out that the rate of exchange was 5.65 as of the previous Friday closing.

This morning I phoned

four other locations of the above mentioned steak house. One would give me 5% and three at even money. If this keeps up some day shortly the cash registers will be unemployed because of the shortage of tourists dollars. 100% Dollar value might be a good logo for all who benefit from American funds.

Bob Wright
9228 Mainwaring
Sidney

Editor,

The Review, Sir:

While you were on holiday, there was correspondence from North Saanich along the lines of your published letter from Trevor Davis. E.L. Howey took column after column. An answer of mine, at one third the length was turned down. I had phoned to say I wanted it published, and got an O.K. The trouble with these fellows is, they mistake their prejudices for truth. I want to talk socialism, but see your blue pencil. However, let it be known that socialism would use our resources for the benefit of all the people: not the few. Only mention the Columbia River here and oil in Alberta, where the last figures I have - a few years ago showed 100 million of legitimate money invested in oil. Now worth billions, profits have been ploughed back after good dividends distributed again, socialism would not allow this. If Sweden can take back resources after having them given away, why not we? Are we traitors suggesting this? We have been, and are, called swine. Trouble is we really and ardently are thought to be swine. Unfortunately there is no middle way to socialism: despite the N.D.P.

We await enlightenment.

F.A. Thornley

Editor,

The Review, Sir:

The news this week informs us that Rest Haven Hospital is to be phased out. Its function as an acute unit is to be taken over by the Peninsula Hospital which is more central, larger and modern.

While Rest Haven has possibly completed one phase of its history and the main building may no longer meet with the approval of the Provincial Fire Marshal, there is a staff and an organization with an immense dedication in the field of health services which should not be lost to the community.

Any Extended Care expansion in the area should go to the Peninsula Hospital where they are equipped for this type of service. Rest Haven could and should turn their attention to the provision of

Intermediate Care, a service greatly needed in this community.

Intermediate Care is for people who require some medical help, but who are still mobile, and still able to get around and partially care for their own needs, and are yet not sick enough to qualify for Extended Care. New arrangements between the Federal and Provincial Governments make this type of care now eligible for support on daily maintenance basis, similar to the Acute and Extended Care.

In Cumberland, up Island, they have now functioning a large Intermediate Care Hospital. Last year in Nanaimo, a much larger unit was completed adjoining the Acute Hospital. Over on Salt Spring Island, they have planned and promoted a 50-bed Intermediate Care Unit.

On the lower Island, we have one 150-bed Tillicum Lodge, planned and built by the government in Loffmark's time. We need Intermediate Care in this area in the worst way. We have an organized Board and staff, which should be held together. We, or they, have an ideal site to construct a 150-bed Intermediate Care Unit, but there must be public support and out here. Do not expect support from a city oriented Hospital Board or Commission. Hospitals engender business, dollars, payrolls and supplies. We had to fight to get Extended Care. We had to fight, and go back and fight again, to get Acute Care which is now on the way.

It will take someone young and vigorous with backbone and guts to organize a group and go after the unit we need. Rest Haven Board are a non-aggressive, peace-loving people and they should have the public help in this community. It is we whom they wish to help.

Their island building can be used for offices, staff, storage and other purposes. The new structure can be built on the mainland and financed in full by Central Mortgage and repaid by Government annual grants.

This community cannot afford to lose the Rest Haven organization and it is high time the community realized it, and organized to support their hospital project. They sponsored the Peninsula Extended Care and Acute Hospital and with public help, it can be done again with public help. Most certainly nobody is going to come and offer to do it for us.

Yours truly,
J.B. Cumming
1780 Land's End Road,
R.R. #3, Sidney, B.C.

Council received more information about the proposed marine technology centre for the Institute of Ocean Sciences, at their meeting Monday.

In a four to two vote it was decided to give the proposal approval in principle to indicate council's agreement to the basic idea of the centre.

In the letter signed by Norman Todd for R.W. Stewart, director general of the institute, council was informed that their suggestion, that the centre be located on an ocean front piece of property beside the institute and the large green hangar, would not be allowed by the Ministry of Transport. The ministry does not allow further building under the flight paths of the airport, stated the letter.

The letter requested that the original proposal on a 40 acre piece of Agricultural Land Reserve across from the institute be

again considered for the centre by council.

Mayor Paul Grieve and Alderman John Lapham opposed giving approval in principle to the proposal because they thought it would harm their bargaining position.

"My previous concerns have not been met and I'm certainly not prepared to

vote in support of this yet," said Grieve.

"This type of establishment will put north Saanich on the map," said Ald. George Westwood, "I really can't see holding this thing up on the basis of spurious arguments."

Further discussions about the proposal will take place with committee A.

Marine Tech Centre Part Of Agenda

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Sat.	0000	8.2	0650	4.6	1420	9.9	2015	6.7			
Sun.	0125	8.6	0740	4.7	1450	10.0	2045	6.1			
Mon.	0235	9.0	0835	4.9	1510	10.1	2120	5.3			
Tue.	0330	9.4	0920	5.3	1530	10.2	2145	4.4			
Wed.	0425	9.8	1000	5.8	1605	10.3	2230	3.6			

Times shown are "Standard Time"

Anglican Church of Canada

PARISH OF SOUTH SAANICH

October 9, 1977
HARVEST FESTIVAL
ST. MARY'S

9:30 a.m. Holy Communion
Wednesday, Oct. 12
10:00 a.m. Bible Study and Holy Communion
ST. STEPHEN'S
8:30 a.m. Holy Communion
Sunday School
11:00 a.m. Mattins
Speaker Rev. Dr. Wee Chong Tan

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Rev. Dennis White of Trinidad Gen. Supt. of the P.A. of W. Indies Speaker at Ottawa and World Conferences, will speak at the following services:
Sunday 11:00 a.m. & 7:00 p.m.
Monday, Oct. 10th 2:30 & 6:00 p.m.
Tuesday 11th to Friday 14th 7:30 p.m.

EVERYONE WELCOME

Anglican Church of Canada

THE PARISH OF SIDNEY & NORTH SAANICH

October 9, 1977

HARVEST THANKSGIVING

HOLY TRINITY CHURCH
Patricia Bay
10:00 a.m. Harvest Festival

ST. ANDREW'S CHURCH

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8:00 a.m. Holy Communion
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9:45 a.m. Sunday School
10:45 a.m. Singing
11:00 a.m. Worship
WEDNESDAY
7:30 p.m. Singing
8:00 p.m. Bible Study
R. Mann,
Pastor
656-2721 652-5857

United Church of Canada

SIDNEY & NORTH SAANICH
Office 656-3213
Residence 656-1930

ST. PAUL'S
SIDNEY
11:00 a.m. Service Worship
11:00 a.m. Sunday School (Baby Fold Provided)

ST. JOHN'S
DEEP COVE
9:30 a.m. Service Worship

CENTRAL SAANICH
Rev. Melvin H. Adams
Office 652-2713
Manse 652-5644

Family Service & Sunday School
SIDNEY CREEK
7180 East Saanich Rd.
9:45 a.m.
BRENTWOOD
7162 West Saanich Rd.
11:15 a.m.
For transportation phone Rev. Adams

Sidney Bible Chapel

9830 - 5th Street
SUNDAY

9:30 a.m. The Lord's Supper
11:00 a.m. Family Bible Hour and Sunday School
7:00 p.m. Evening Service

WEDNESDAY
7:30 p.m. Prayer & Bible Study

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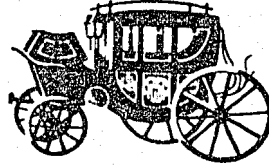
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FRANCOIS BIGOT (Gregory Reid) with a
Courtisan (Elizabeth Appleby) in a scene
from the Bastion Theatre **WORLD**
PREMIERE production, **AFTER**
ABRAHAM, October 7 - 22 at the
McPherson Playhouse.

NORTH SAANICH DENIES CHAMBER REQUEST FOR ASSISTANCE ON STUDY

Three requests for
financial assistance were
handled by North Saanich
council at their regular
meeting Monday.

A request from the
Sidney and North Saanich
Chamber of Commerce for
financial assistance for a
study on an alternative
ferry service to Vancouver
Island to replace the
Anacortes ferry was denied
by Council on a recom-
mendation from the per-
sonnel committee. It is the
personnel committee that
considers grant requests.

The personnel com-
mittee, later in the meeting,
agreed to a request for
\$1,000 from the Saanich
Peninsula Soccer Club for

development of four soccer
fields. The club was given
the money based on the
facts that they had been a
self-sustaining group until
this time and because they
have had considerable
problems finding fields for
their games.

In a letter to council the
chairman of the field
development committee
told council they had
recently lost two fields on
Ministry of Transport
property, "resulting in a
drastic shortage of suitable
fields".

The club is negotiating
with the local school district
for ten acres of school
property on East Saanich
Road, on which they will

build four soccer fields. The
North Saanich grant was
based on the club being able
to obtain the use of that
property.

It was noted that the club
had recently raised \$750
itself for the project.

The Sidney and North
Saanich Garden Club also
requested council consider a
plan to have a first, second
and third prize given to the
three most attractive
gardens in the municipality.
The letter from the club
stated, "The object of this
suggestion is to interest all
residents in beautifying the
town."

Council referred the
request to their parks and
recreation committee.

VACANT HOUSE VANDALIZED

A vacant house, up for
sale by its owner, at 1025
Verdier Avenue was entered
during last weekend and
had about half a gallon of
cream colored oil based
paint splashed about its
interior, causing around
\$400 damage for clean-up.

Central Saanich police
found no sign of forced
entry and believe access was
gained through an insecure
basement window. The

paint was splashed
throughout the interior of
the house including front
doors, dining room sliding
glass doors, kitchen cup-
board doors, two bedroom
doors, living room fireplace
and floor and the wall on
the front stairs. No paint,
however, was splashed more
than 4 1/2 feet above the
floor. This fact leads police
to believe the vandalism
was the work of a very
young person.

4-WAYSTOP INEFFECTIVE

The "four-way stop" at
the intersection of Keating
X and West Saanich roads
was the scene of a collision
between a pick-up truck
and a sedan on Wednesday
afternoon, September 28.

A 1967 Pontiac sedan,
driven by a 75 year old man
was travelling west on
Keating X Road. It stopped

for the four-way stop sign,
but as it moved into the
intersection to make a left-
hand turn south onto West
Saanich Road, it was struck
head-on by the truck
travelling north on West
Saanich Road.

Both the driver of the
sedan and his wife sustained
"whiplash" injuries.

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Peninsula People In Review

Mr. and Mrs. Larry
Goodmanson of 918 Clarke
Road, Brentwood Bay,
after spending a two weeks'
holiday with relatives in
Winnipeg, where they
attended their nephew's
wedding.

The Brentwood College
Memorial Chapel A.C.W.
met at the home of Miss
Mary Martin, Brentwood
Drive, on Tuesday af-
ternoon, September 20th.
The chief business under
discussion was their Fall
Bazaar and Tea which will
be held in the Brentwood
Community Hall on
November 5th.

Wendy Vandenbilt was
named Queen of the Month
of TOPS Chapter No. 980,
Brentwood Bay, recently.
Recent best weekly losers
were Leslie Shumka, Vi
Quennelle, Merle Young

and Dora Verhagen (tied)
Barbara Altschwager, Lucy
Patterson, and Mildred
Foster. Six Weeks' KOPS
charms were won by Ellen
Cornwell and Margaret
Brown, and twelve weeks'
attendance charms were
won by Vi Quennelle, Jean
Tabor, Ellen Cornwell,
Leslie Shumka and Dolly
Hamilton.

A weight loss charm was
won by Jean Fisher, and
Margaret Brown was
presented with a beautiful
gift on attaining her fourth
year as a KOPS member.
This chapter meets in the
basement of the Brentwood
United Church each
Monday at 7:30 p.m., and
new members are most
welcome. For more in-
formation please phone the
leader, Linda Snelling, at
652-3184.

The date of the Annual
Bazaar has been set for
Saturday, November 12th,
in the Brentwood United
Church basement.

The Date Oct. 9, 1871 is the Anniversary
of the "Great Chicago Fire" which marked
the real start of community effort to
prevent fires, instead of concentrating only
on putting them out.

Fire Prevention Week is observed from
Sunday October 9 through Saturday the
15th.

Last year in B.C. 63% of fire deaths
occurred at home and almost 40% of
accidental fire victims were asleep at the
time of the fire. The message? "At least
one smoke detector on each level of
residence".

The Fire Chief
District of North Saanich

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Belair Frozen **2 lb. \$1.19**
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SMITH FROZEN PUMPKIN PIE	97¢ EA.	WEST SOFT MARGARINE 1 LB. TUB 49¢
OCEAN SPRAY 14 OZ. CRANBERRY SAUCE	55¢	WEST MARGARINE 3 LB. PK. \$1.39

Specials — THURS. - FRI. - SAT. OCTOBER 6, 7 & 8.

COST SHARING FORMULA FOR WATER EXPECTED SOON

A decision on how the three peninsula municipalities will share the costs of importing Sooke water is expected within the next month.

"We're coming very close to a satisfactory solution to this problem,"

said North Saanich Ald. George Westwood after a meeting of the Saanich Peninsula Water Commission last week.

How the cost of the pipeline and purchasing water will be shared has been a contentious issue for sometime. The commission was split between those who wanted a total user pay basis and those who wanted at least some of the costs shared by all peninsula residents.

The commission came close last week to agreeing on a formula for sharing the costs of building and operating the pipeline and buying water from the Greater Victoria Water District. (GVWD).

Ald. Dave Hill of Central Saanich proposed the arrangement, which the commission unanimously decided to forward to its executive committee for further consideration.

The proposal is based on several assumptions, some of which are only estimates at this time. It is based on 5,600 consumers using water—2,200 from Central Saanich, 2,300 from Sidney and 1,100 from North Saanich.

It assumes there will be no buy-in charge to join the Greater Victoria Water District.

The proposal suggests the costs be divided into two groups, supply and capital, each group to pay under a different method.

Hill proposed the supply costs be made up of the costs of operating the pipeline and of buying the water from the GVWD.

The operating costs were estimated to be \$166,600 for a year or 34 cents per thousand gallons. The cost of buying water was estimated at 18 cents per thousand gallons.

The proposal is that supply costs would be directly paid by water users based on a rate per thousand gallons.

The second classification was defined as capital costs and included the cost of building the pipeline, working on minor project in the system and debt charges on the money borrowed for the first two efforts.

The pipeline is estimated to cost \$4 million and the other projects \$230,000. After subtracting the provincial government's annual contribution of 75 per cent of all debt over three mills the total annual amount the peninsula would have to pay is \$276,600.

This figure would then be divided among the 5,600 water users on the peninsula and would work out to about \$4 per month, per connection.

The commission assesses each municipality its share using this formula but, Hill said, each municipality is free to charge its residents any way it chooses.

For example, he said the municipality could decide to charge its industrial users more than its residential users.

Hill's proposal does not include development fees, for developers subdividing or for new connections. It was his suggestion that these fees be left for the individual municipalities to levy as they wished.

The proposal was well received by the commission.

"I think if you think about the principles involved in this you will agree it merits a good deal of consideration," said Dennis Young, executive director of the Capital Regional District. "I wish I'd come up with this proposal instead of Ald. Hill."

Ald. Jerry Tregaskis of Sidney described it as "the finest proposal any of us have put forward yet."

The commission recently received bids on buying pipe materials and to keep the tender they chose they must reach agreement on several points before the end of October when the bid expires.

The assistant deputy minister of municipal affairs recently informed the commission that its borrowing authority would not be approved until it had finalized agreements on three points.

An agreement with the GVWD about the cost of water must be settled, the commission must decide on a method of paying for the pipeline and certain engineering studies must be

completed before the government will authorize borrowing.

Engineers estimates indicate that if the tendered bid is lost it may mean the pipe will cost \$200,000 more at a later date.

Earlier in the meeting Sidney representatives explained a letter received from their council by the commission that stated Tregaskis and Ald. Jim Lang would not participate in a vote to establish a method of payment, at the meeting.

Lang said there was not enough information to establish a method of payment. In particular, Lang said, Sidney council did not like, the push by the province to make a quick decision.

Other commission members were surprised by Sidney council's attempt to direct commission members. "I find it very disturbing that your council has done this," Hill said. "If my council said that to me, I would say two words to them and it wouldn't be 'happy motoring'."

The commission chairman agreed that councils are not supposed to be "telling their representatives how to vote".

Lang and Tregaskis did vote in favour of sending the proposal to the executive committee.

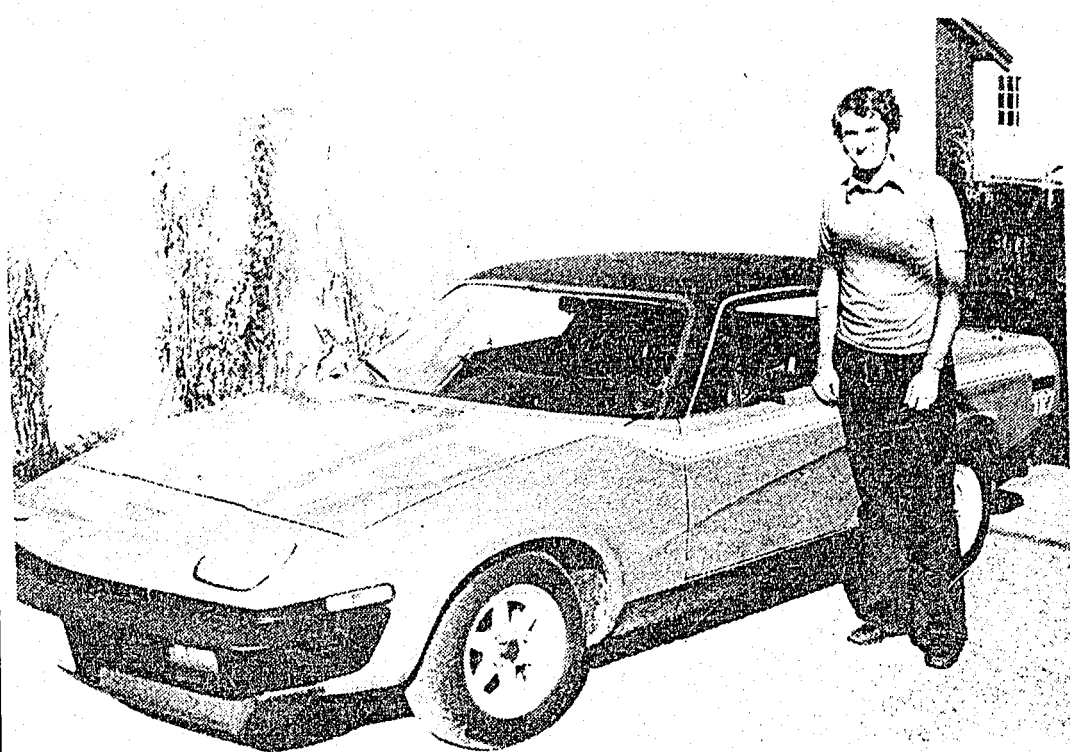
VETERANS TO OPEN TEMPORARY CLUB

The Army, Navy, and Air Force Veterans Club plans to open up temporary quarters in the Hollingworth Building on Beacon Avenue between Third and Fourth Streets.

Club president Jack McLaughlin said it's hoped the club will be open within three weeks and remain in operation until the old building on Fourth Street has been rebuilt.

McLaughlin said insurance officials are in the middle of assessing damage and the club executive will soon decide if the old building will be repaired or if a new club will be built on property next to the parking lot.

The new club, regardless of the exact location, is expected to have expanded kitchen and bar facilities.



SIDNEY RESIDENT Alastair Bruce is now the proud owner of this Triumph sports car which he recently won following a 7-Up beverage contest. (Review photo)

Gillain Manor Development Gets Go-Ahead

Gillain Manor, a deluxe multi-million dollar development overlooking Pat Bay Airport, is on its feet again and will become an alcoholic treatment centre as originally planned.

North Saanich municipal clerk Ted Fairs told The Review Tuesday that council is delighted that the centre, which went bankrupt in 1975, is going to be put to use at last.

The huge building is being leased by Farmer Construction of Victoria to Abacus Cities of Vancouver.

Abacus Cities was a major developer in the creation of Market Square in Victoria and will lease the manor as a private treatment centre for alcoholics.

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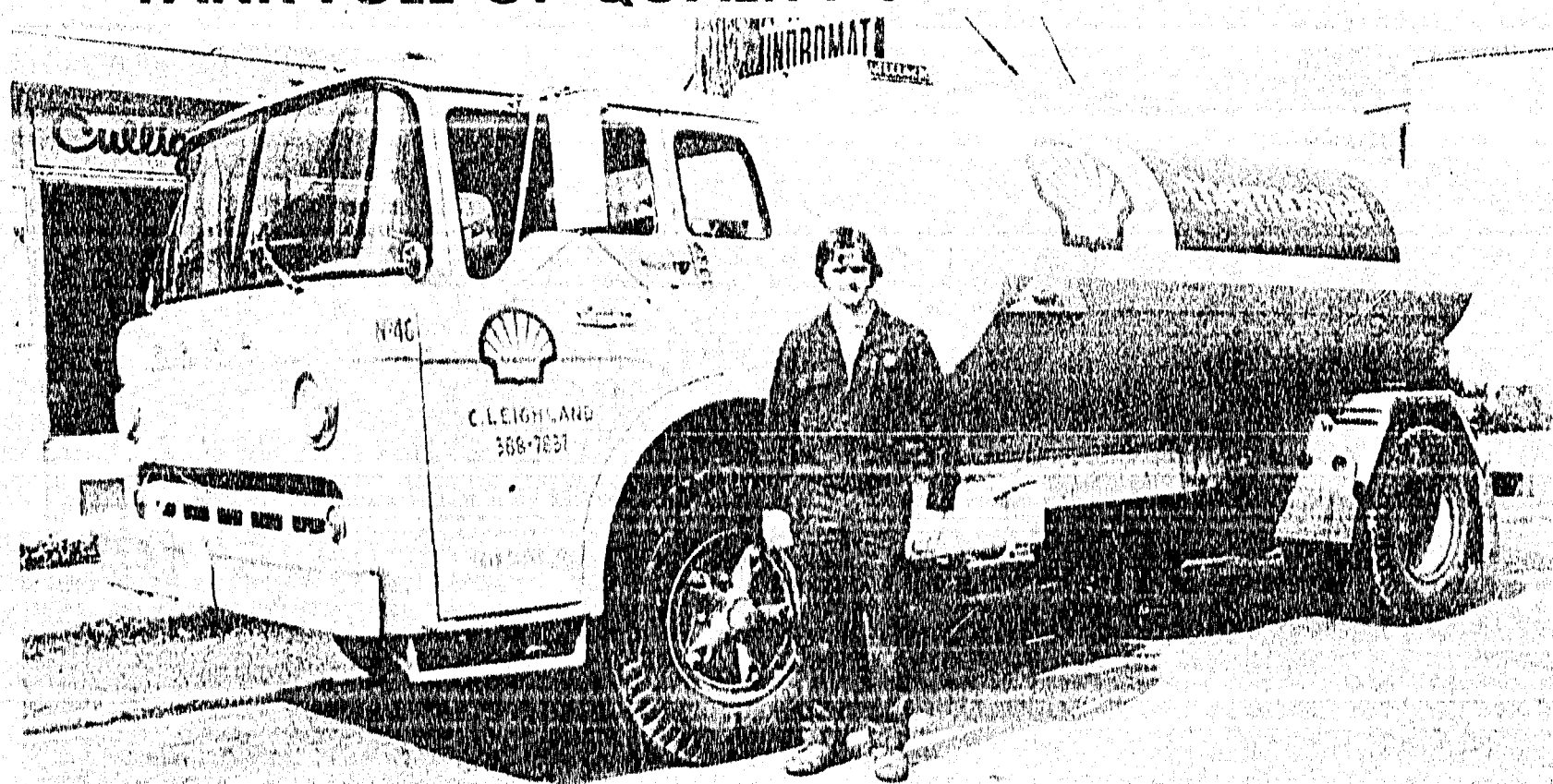
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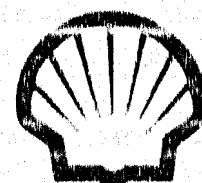
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KAREN BRYNELSON AND HER HORSE, WHISPERJET, are becoming well known in provincial jumping competitions. The pair won the two top jumping awards at the Pacific National Exhibition this year. Brynelson, who is a pilot, discovered the word Whisperjet on a jet that passed in the sky one day. She decided to save the name for her best horse.

CHAMPION EQUESTRIAN RETURNS HOME TO SIDNEY

By BRENDA DALGLISH

When Sidney equestrian Karen Brynelson jumps a horse over a height of six feet she says it is something akin to taking off in a jet.

She should know for Miss Brynelson is a jet pilot for the Government of British Columbia.

She is also a most accomplished horsewoman, having just returned home from a round of jumping competitions in this province.

Brynelson and her horse, Whisperjet, at the Pacific National Exhibition this year, won the Potter's Cup jump-off and with it a prize of \$1,500. The Potter's Cup event was one of the highlights of the equestrian show at the P.N.E. It was not the first time Brynelson had won it, in 1969 and 1970 she also captured the cup.

This was the second year Whisperjet had competed in jumping classes and Brynelson is pleased with his showing. A good horse is very important for jumping, she explained.

"I don't know if you call it luck or ability but I seem to be able to find very good horses," she said. Many people approach her for help in choosing horses because she has had several

good horses in the past.

At the moment she, too, is looking for a horse. She needs a second one to be training for when Whisperjet gets too old to jump. She doesn't want to be caught in the same position she was several years ago when her horse broke its leg and had to be put away. It left her without any horse to compete with while she trained another.

She prefers to buy a four year old horse but then has to ride and train it until it is six. After her last horse was injured she spent several years looking for another of sufficient standard.

When looking for a horse she first looks for one at least 16.2 hands high. Physically, it must be very athletic, she said.

"I like to find one that bucks, squeals and rears when it's brought out," she said.

As to confirmation, Brynelson said, certain types of horses can't jump and she watches for those points. Finally the horse must be intelligent but not high-strung or nervous.

"Whisperjet never gets flustered," she said, "even when I'm jumpy and excited, he's calm."

Although Whisperjet has only been competing for two years, Brynelson thinks he will be a very good horse. In California she was offered \$50,000 for him but turned it down.

Ever since she was five years old, she has been riding and jumping horses. "I love it; it's an altogether different type of horseman who jumps," said Brynelson.

Horses and riders have been known to jump over seven feet and Brynelson has jumped six feet nine inches.

"There's nothing like the feeling you get when you're jumping that high," she said, "It's like taking off in a jet."

The 33 year-old has a limited number of goals left to accomplish. She plans to go on the International circuit next year, which will mean some travelling in the United States.

Going to Europe to compete would be very expensive and not an immediate possibility. She said one of her favorite shows is the P.N.E. because, "I'm a ham and I love to have people in the audience that I know."

The Olympics were Brynelson's goal when she was younger but she said, "You need a lot of money, time and experience and it's too late now."

As it is, the sport is still very expensive, she estimates just the basics of

keeping the horse cost her \$200 per month, even more expensive than a show horse because of veterinarian and shoeing bills. Jumpers have to be in very good condition and jumping is hard on them so vet bills are higher, according to Brynelson.

Entry fees into jumping events are high too. For just one class the fee was \$300 but prizes are high too. The winning prize of that event was \$1,500. Brynelson said a good rider with a good horse can make money during a season of competition.

Jumping is not just strenuous for the horse, riders also take their knocks, according to Brynelson. She calls herself lucky but nevertheless her injury list is long. Besides numerous falls and bruises she has broken her collar bone and has been stepped on several times.

"When you're jumping all you see below you is front feet. I take good care of my leather because it is vital," she said. She tells the story of when the girth broke just as she was going

over a fence and the saddle, rider and all, came off.

In spite of the accidents and the money, next year Brynelson will be jumping again because as she said, "It's my life."

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Mr. L. G. Baird, Business Assistance Division, will be at the Executive House. Telephone: 388-5111.
For appointments phone: Vancouver, 689-8411 (Collect)
Or write:
Business Assistance Division
British Columbia Development Corporation
272 Granville Square
200 Granville Street
Vancouver, B.C. V6C 1S4



Marriage Vows At Glen Meadows

In a beautiful setting of flowers, shrubs, and rolling green fairways, Penny Ro-Anne, daughter of Mr. and Mrs. B.H. Ethier of Sidney, and Earl Cecil, son of Mr. and Mrs. C. South of Duncan, were married on the lawn of Glen Meadows Golf and Country Club on Saturday, September 17th.

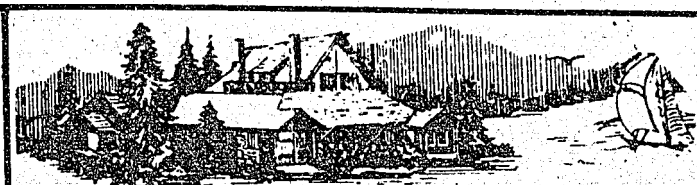
At 6 p.m. The marriage vows were solemnized by Rev. Charles T. Glouster of Victoria Truth Centre.

Following the ceremony the guests were received by the parents of the bride and groom at a reception in the lounge of the Clubhouse, and were invited by Miss

Debra Dench to sign the guest book. The toast to the bride was proposed by her uncle, Mr. John Reimer, who also read a message of congratulations telephoned from Florida by Mr. and Mrs. E.K. Downey, aunt and uncle of the bride. Mr. Reimer also announced that the occasion marked a triple celebration for the Ethier family, being the 29th wedding anniversary of the bride's parents, and the 27th birthday of her brother Perry.

Out of town guests included the groom's sister Shelley and escort Mike, his brothers Cliff and Jamie and friend Janice, his aunt and uncle Mr. and Mrs. M. Brenton and cousin Tina, and his aunt Mrs. Marlene Doney, all of Duncan, Mr. and Mrs. J. James and daughter Kelly, also of Duncan, Mrs. H. Dous of Zeballos, and Mr. and Mrs. T. Carretero of Chilliwack.

The happy couple are now residing at 2318 Brethour Ave. in Sidney, and are planning a honeymoon in Sun Lakes, Arizona at a later date.



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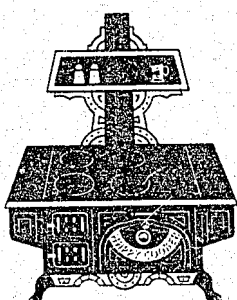
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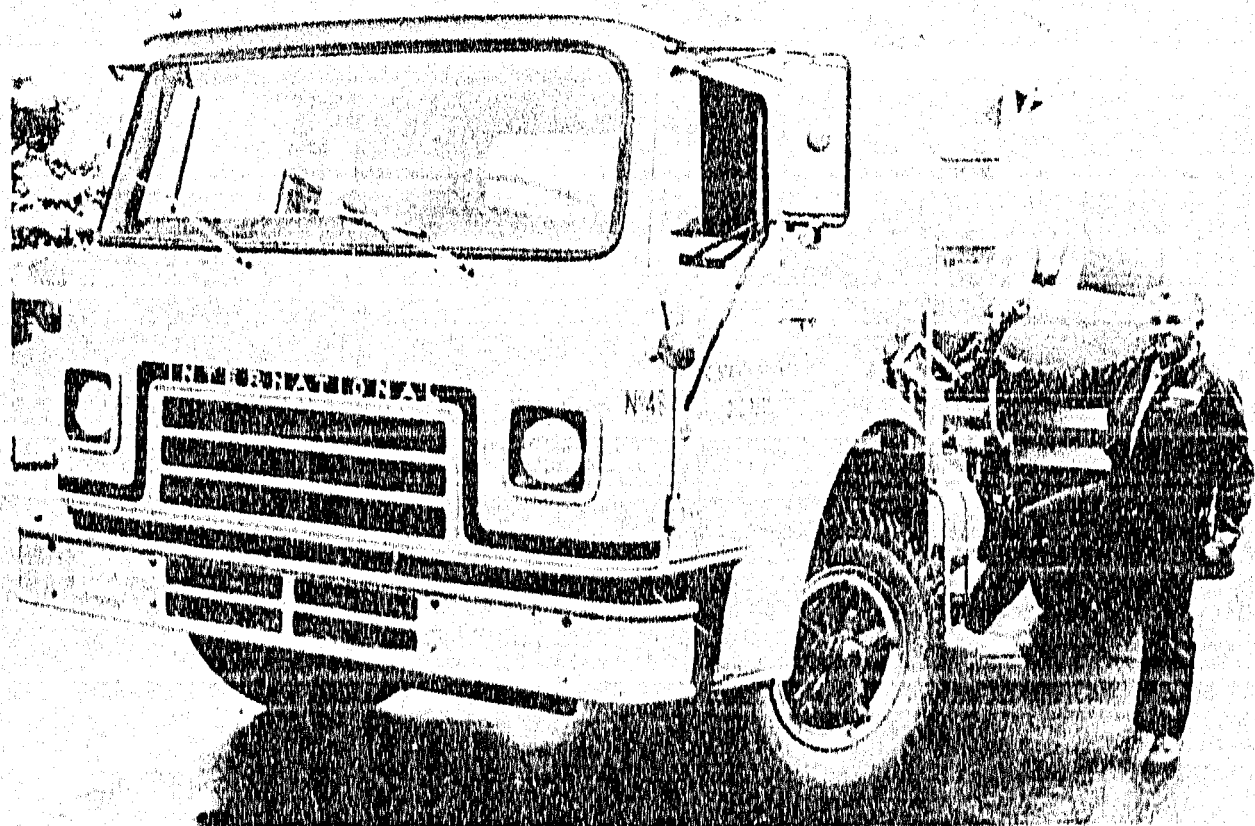
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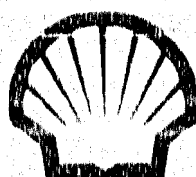
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FOR SALE**
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PATRICIA BAY
One Acre
[150 x 300]

Custom built, 2-year old home zoned rural, fields at rear, sea view, 3 bedrooms (one down), ensuite bath, living room 16 x 15 with brick fireplace, partly finished rec. room. HORSE? YES. BARN? YES. Priced right for quick sale: \$74,900.

DAVID WOOD
656-3924 652-2198

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477-7291 or 656-4928
D.F.H. Real Estate
1559 McKenzie

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3 bedroom ranch style home on 1 acre. Only 4 years old. 20 x 20 family room. Fireplace in living room. Electric heat. Also included in a 24 x 36 garage that could be used for a workshop etc. Located close to the Marinas new MLS \$85,000.

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Prime location at Beacon and 4th St. 1512 sq. ft. Asking \$6.35/sq. ft. Available now.

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1) Two bedroom bungalow available now. \$300/month.
2) New 2 bedroom no basement home. \$300/month.
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SATURDAY
OCT. 8, 2 to 4 P.M.
2051 ARDWELL

Immaculate 3 bedroom home. 1 1/2 baths, 2 F.P.'s. Family room. On a nice level landscaped lot. Price reduced to \$54,900.

PAYNE 658-5833

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VALUE

7 year old 3-bedroom home in Sidney. Fridge, stove, washer & dryer plus drapes, are all included. Asking \$51,500.

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Two Bedroom no step home - ready to move into \$39,500.

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SIDNEY

All the comforts of a home, and far less worries. Close to everything. One bedroom includes all appliances and drapes. Offers on \$33,900 two bedrooms include appliances and asking price is \$39,900 both are immaculate and are newly redecorated.

FED PHILLIPS

656-5884 656-5337

NEW HOUSE FOR SALE in North Saanich, will consider trade. 656-4745

BY OWNER: clear title 2 bedroom home, \$37,700. 589 Vincent Ave. Victoria. 385-1668

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Immaculate one Bdrm. Condominium with terrific water views. Quiet area of Sidney. Price reduced to \$34,600. All offers considered. M.L.S.

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WATER VIEW LOT

Good building lot near Sidney with beach access and terrific views. Now listed at \$35,000. All offers considered.

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SIDNEY
9839 RESTHAVEN DR.
Open house, Sunday 2 - 4 p.m., new, for sale by builder, 2 bedrooms, large livingroom and diningroom with high beam ceilings. Spacious kitchen with more than ample cupboards, delightful carpeted bathroom, used brick fireplace, quality construction and carpets. \$54,000.

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DEVELOPMENTS**
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FOR RENT
THREE BEDROOM DUPLEX: fully fenced yard in area of new homes. Close to school. 656-3614. 40-1

TWO BEDROOM apartment above commercial building. Phone 656-2147. 40-1

SMALL, furnished, waterfront cottage. Fully self contained. Responsible single adult only. No pets. \$150. 656-4505. 40-1

LARGE TWO BEDROOM suite for quiet people. Fridge, stove, carpets, large yard. \$275 per month. Apply 2419 Amherst between 6 and 8 p.m. 40-1

SIDNEY, 3 bedrooms newly renovated, electric heat, fireplace, carpets throughout. Refrid. or mature, responsible couple with reference. No pets. \$350. Available now. Phone 656-1374. 40-1

RENT FURNISHED OR UNFURNISHED for 12 month period. Lovely two bedroom home with quiet seclusion and views in Doan Park Area. References please. Phone 656-4517. 40-1

HOUSE FOR RENT by Town of Sidney, 2295 Ocean Avenue - \$300 per month plus utilities. Available Nov. 1/77. Applications to the Town Hall, 2440 Sidney Avenue by October 14th. 40-1

ONE BEDROOM SUITE: main floor with patio. Quiet mature adults. \$205 includes heat, cable, parking, water, stove and fridge. 656-6729. 40-1

WATERFRONT - Cozy one bedroom home with spectacular view of Gulf Islands, Mt. Baker and Olympics. On First Street just 2 blocks from Beacon Ave. \$325 per month no children. Phone 656-6548. 40-1

THREE BEDROOM home on Ardwall Ave., \$365 per month. No pets. References required. Available immediately Phone 656-5088. 40-1

SIDNEY - modern 4 bedroom side duplex, 2 bathrooms, appliances, basement, garage. Vacant. \$350/week included. 479-6264. 40-1

IN SIDNEY, unfurnished one bedroom suite. \$275. Utilities included. Non smokers. References. Apply Box H, Sidney Review. 39-2

REAL ESTATE
WANTED
NEWER, 2-3 bedroom home, North of Beacon, low steps, easy up keep, quiet location, in the 40's. All Cash. Full details Box "a", Sidney Review. 40-1

REAL ESTATE
WANTED TO RENT
WANTED: cottage by reporter for weekly newspaper. Reasonable rent. 478-6035. 37-1

WANTED: single accommodation, cottage or suite. Will do gardening. 656-1717 after 6 p.m. 39-3

MISC FOR SALE
SPARTANS AND MACS Crisp and juicy. Locally grown. 1899 Hayco Road off East Saanich Road in Saanich. 652-7657. 39-6

WORLD'S BEST APPLES Crisp, juicy McIntosh and Spartans. Do yourself a favour! Buy the best for less. This week's special \$2.99 per box. Oldfield Orchard, 6286 Oldfield Road. 652-1010. 39-1

APPLES Our new crop is now available at Saanich Orchards off Stelly's Rd. 652-2009. 35-1

SAANICH SHARPENING - Beaver Place, Sidney. 654-1414. Carbide specialists. Precision Sharpening of all carpenter's and home handyman's tools. Skates, scissors, knives, law and pet clippers. Simmonds Distributors. 39-1

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HONEY FOR SALE: 652-2410. 40-2

HELP WANTED...
CLEANING LADY FOR LIGHT housework, \$4.00 per hour. Own transportation preferable but not necessary. 652-3566. 40-1

ONE NEW 13 ft. house owning: one double size hide-a-bed mattress; two rugs, colours pink and turquoise. New condition. 656-6937. 40-1

DISHWASHER: double cement sinks; twin size bed; head board king size. 656-2201. 40-1

MOVING MUST SELL: Willis piano, 2 years old, Excellent condition. \$1200 or best offer. 656-3449, no Friday evening or Saturday calls. 40-1

EXCELLENT MODERN walnut wardrobe \$250. 656-6438 after 6 p.m. 40-1

GARAGE AND YARD SALE - Oct. 8 and 9, Off Pat Bay Hwy. Amity Drive then off Amity 8550 Ebor Terr. Contractors close out. Doors, windows, mouldings, lumber, barrow, truck, chainsaw, vanity top. Many more items also misc., domestic stuff. 40-1

COLDSPOT frost free fridge. Left hand, harvest gold. As new. Phone 656-2368. 49-2

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MAINTENANCE and Sparts at Orchard to you prices; also Tydeman 14 cents per lb., windfalls, you pick, 10 cents lb. Anlow pears. 18 cents each. We are open from 8:00 a.m. - 8:00 p.m. daily. 40-1

50 SQ. YDS. approx. quality shag carpet, green, offes; wanted lawn mower. 656-1347. 49-1

RED CABBAGE, 20 cents per lb. Cooking apples, you pick 10 cents lb. 10130 Fifth St., Sidney 656-7119. 40-1

18 1/2 ft. Double Eagle Inboard Outboard few hours, 656-4958. 40-1

TWO GOOD TOP COATS \$20.00 each, size 42; Trunk \$5, also luggage. 656-2709. 40-1

MISC. WANTED
ELDERLY LADY wishes to buy one yard square of good old white linen for inside table edge; also fur or fur coat. 656-5847. 40-1

RECORDS: for personal collection. 45's, 78's, LP's 478-6035. 37-1

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RUBBISH AND GARBAGE hauled. Phone 656-1784. 40-1

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1972 TOYOTA COROLLA 1600 2 door, sedan, just under 30,000 miles. Four speed, good tires well maintained. 478-4200. 40-1

V.W. VAN \$100. Phone 652-1025. 30-1

MUST SELL IMMEDIATELY: owning since 1967 - 18ft. Kenwall trailer, 2 way fridge, 2 burner stove, electric heater, flush toilet, oil heater, shag carpet, sleeps four. Includes one spare tire, awning, hitches, well maintained. Sells for \$2400. Offers: Contact Ron. 656-4302 after 5 p.m. 40-2

1963 MORRIS MINOR: soft top. \$750. 656-6438 after 6 p.m. 40-1

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CARPENTER SEKS WORK. Any job, large or small. Renovations, additions, sundecks, etc. 656-6487. 29-1

HELP WANTED
JEWELLRY STORE clerk required. Experience an asset. Apply in person afternoons. Christine Laurent, 2432 Beacon Ave. 40-1

SCHOOL DISTRICT #63
MAINTENANCE POSITIONS: Maintenance I (2 position - 1 painter's helper & 1 heating helper; Grounds (Grounds Helper). Applications are invited from suitably qualified persons for the above noted positions. Application forms and job description of the positions available from the School Board Office. Telephone 656-1111. Applications will close Tuesday, October 11th, 1977 at 12 o'clock noon.

R.S. Ingram, Secretary-Treasurer
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PROGRESSIVE ADVERTISING paper in Cranbrook has opening in the following positions: Photo-typesetting, Ad layout, advertising sales, news and photography. Kootenay Advertiser. Phone 469-3455. 38-31

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HELP WANTED
\$200.00 WEEKLY ADDRESSING (longhand or typewriter) and stuffing envelopes! Details, send \$1.00 and stamped self-addressed envelope. M.G. Co. 4080-R Torquay Dr. Victoria, B.C. V8N 3K7. 39-4

CLEANING LADY for approximately 3 hours per week. Lands End Road. Must have references and own transportation. 656-5409 after 4:30 p.m. 39-2

SITUATION WANTED
EXPERIENCED GIFT WRAPPER will gift wrap parcels in my home. Delightful Christmas, Anniversary, Birthday, etc. wrapping. Call 652-7234. 39-3

NATURE WOMAN seeks EMPLOYMENT in Doctors office. Typing, filing, records. Took training as medical assistant. Please call 652-2234. 39-3

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YOUR FULLER BRUSH representative is Norman Hull. 656-4938, 8 a.m. to 11 a.m. 40-1

AYLARD - Born September 29, 1977 on 8th, 11th, daughter of the regrettably being forced into retirement Rest Haven Hospital. To Dr. Walsh, the complete staff our sincere gratitude. Dick, Ruth and family. 40-1

WE ARE VERY PROUD TO ANNOUNCE THE BIRTH OF OUR LITTLE Stacey Dawn, on Sept. 11, 1977, weighing 7 lbs. 8 oz. Parents are Kelly and Jay Preston, and grandparents are Mr. & Mrs. Stan Walling and Mr. & Mrs. J.W. (Bud) Preston, Sidney. Of the Walling's 5 children and 14 grandchildren, Stacey is the 18th, to be born in Rest Haven Hospital. 40-1

RESPONSIBLE PROFESSIONAL woman will house or apartment sit free of charge during November and early December. Contact Dr. Johnson, 1550 Laurier, Vancouver, B.C. V6J 2V3. Phone 733-3009. 40-1

PICKLED EGGS, 128 oz. jar. \$10.00 delivered. 656-6642. 40-1

MISSING: chocolate Siamese - answers to "Sheeba" - 4 years old, lost on Beacon between 2nd & 7th streets. Child's pet. Reward offered. Please phone 656-1452. 38-3

IN VICINITY OF ENTRANCE OF Safeway, Black Ebony locket with Old English "W" P.O. Box 2262, Sidney, B.C. V8L 3S8. 40-1

GREY, PART PERSIAN, young male cat. Answers to Dusty. Please call 656-1828. 40-1

LOST AT FISHERMAN'S wharf Saturday, September 24th, young, female cat. She's black and white and very friendly. If you've found her, please contact Three Sons III or call 656-6097. 40-1

COMING EVENTS
PYTHIAN SISTERS Annual Fall Bazaar and Tea, Saturday,

FIRE PREVENTION WEEK OCT. 9 TO 15

Parents beware—Fire Prevention Week is coming and it's your kids' annual opportunity to show off their smarts.

During the week of Oct. 9, members of the Sidney volunteer fire department will be teaching youngsters at the town's two elementary schools a lot about fires that many of their parents already know but tend to ignore.

Gil Gilmore, a member of the Sidney department, told The Review last week that it's young children who best spread the word about fire prevention.

Children, he said, seem to have an unending stream of questions about fire prevention and they usually go home and pester their parents to get rid of the oily rags in the basement or unload the overloaded socket in the living room.

But Fire Prevention Week isn't kids' stuff. It's an international affair which began in 1871 after the Great Chicago Fire.

The idea behind Fire Prevention Week, as the name suggests, is to inform the public of the numerous

fire hazards which can be encountered repeatedly in every day life and to offer suggestions aimed at eliminating those hazards before it's too late.

Firemen throughout North America spend countless hours offering advice in the hopes of encouraging people to exercise a little caution when dealing with electricity, flammable substances, open fires, or heating materials.

Sidney's 28 members will be involved in several activities around the town during the week, offering their time to anyone in need of information concerning fires and how to avoid them.

Gilmore said Sidney's firemen will be demonstrating equipment at the elementary schools, including the jaws of life which were donated this year by the Rotary Club.

Films will be shown, he said, but the event which has had the highest success rate in the past is a skit which the youngsters put on themselves.

With help from teachers,

Gilmore said, a class of children gets together and develops a skit which they feel properly depicts the goals of Fire Prevention Week.

It's then played for the other classes in the schools, he said.

Sidney's firemen will also be distributing posters, placemats and pamphlets around the town and setting up a display at Beacon Mall on Oct. 15.

Firemen will be on hand in the mall to provide information on smoke detectors, things that babysitters or travellers should watch when occupying unfamiliar buildings, and many other matters which could help reduce the number of fires in Sidney.

Central Saanich Fire Chief Bruce Elvedahl said his department's 33 volunteer members will be conducting a similar program and demonstrating equipment at five or six schools.

Routine inspections will be conducted throughout the municipality and an open house at the fire hall will be held on the afternoon of Oct. 15.

North Saanich fire department held its Fire Prevention Week last summer in the heat of the fire season.

Windows And Doors Shattered By Pebbles

RCMP have begun an investigation into an incident last week in which two full-length glass doors and a number of windows in a vacant house were shattered by small pebbles.

The house, in Sidney, is for sale the owners moved to Alberta about four weeks ago leaving the home listed with Montreal Trust.

Realtor David Wood told The Review it's estimated the minimum amount required to repair the damage is \$200 and the windows are not covered by insurance.

Most people don't realize, Wood said, that glass in vacant homes aren't normally covered by insurance.

The result is that Wood is faced with either trying to sell the home with broken windows, or replacing the windows and taking a chance of them being broken again before the house is sold.

"It's a bit difficult with broken windows," he said, referring to his attempts to sell the home.

"It's a petty crime," he said. "It's a nuisance crime."

The windows can't be repaired without the consent of the owners, he added.

People living on one side of the vacant house were away for about a week, he said, and it's doubtful the incident would have occurred if they'd been home.

Wood originally thought the glass had been broken by a pellet gun but upon further examination, he found a small pebble in a sink near one of the broken windows.

There is a small bed of gravel in a neighbouring yard about eight feet from the broken windows.

Sidney RCMP said the usual procedure in investigating vandalism is to make door-to-door inquiries and check with youngsters in the neighbourhood to see if they noticed anyone near the home about the time the damage was done, or if any friends have mentioned the incident.

There have been no other significant instances of window breaking in Sidney recently and that particular crime happens infrequently in this area, police said.

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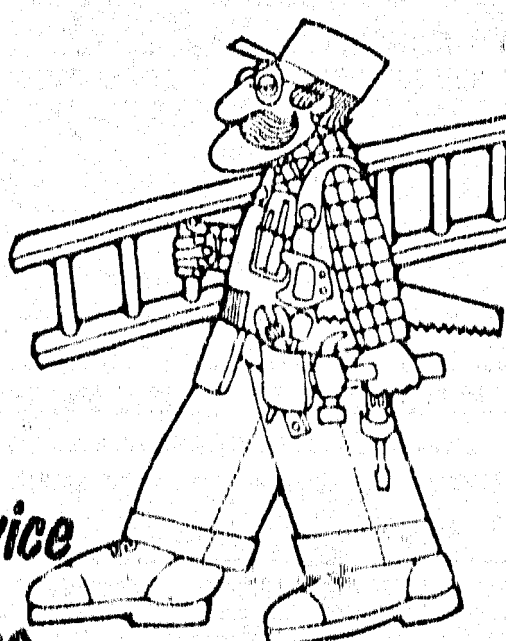
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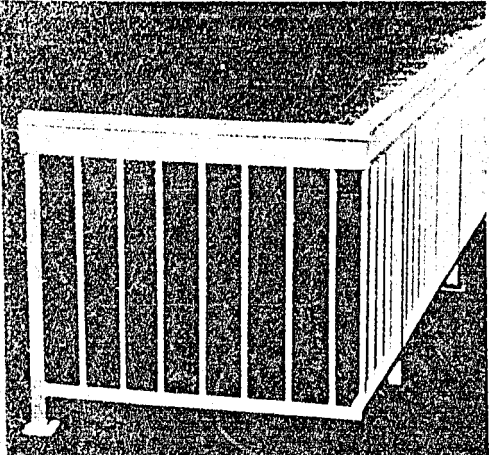
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North Saanich Community Plan Reaches Final Stage



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The policies set up in the plan are designed to keep tabs on overall development throughout North Saanich but do not spell out detailed zoning or subdivision regulations.

A draft copy of the bylaw establishing the plan says one of the goals is "to promote a high standard of community appearance and to prevent unsightly conditions which detract from the image of the municipality."

"North Saanich's image is to a large extent the result of the balance established between the man made environment and the natural environment."

The Municipal Act allows North Saanich council to exercise control over development which may affect the appearance of the municipality.

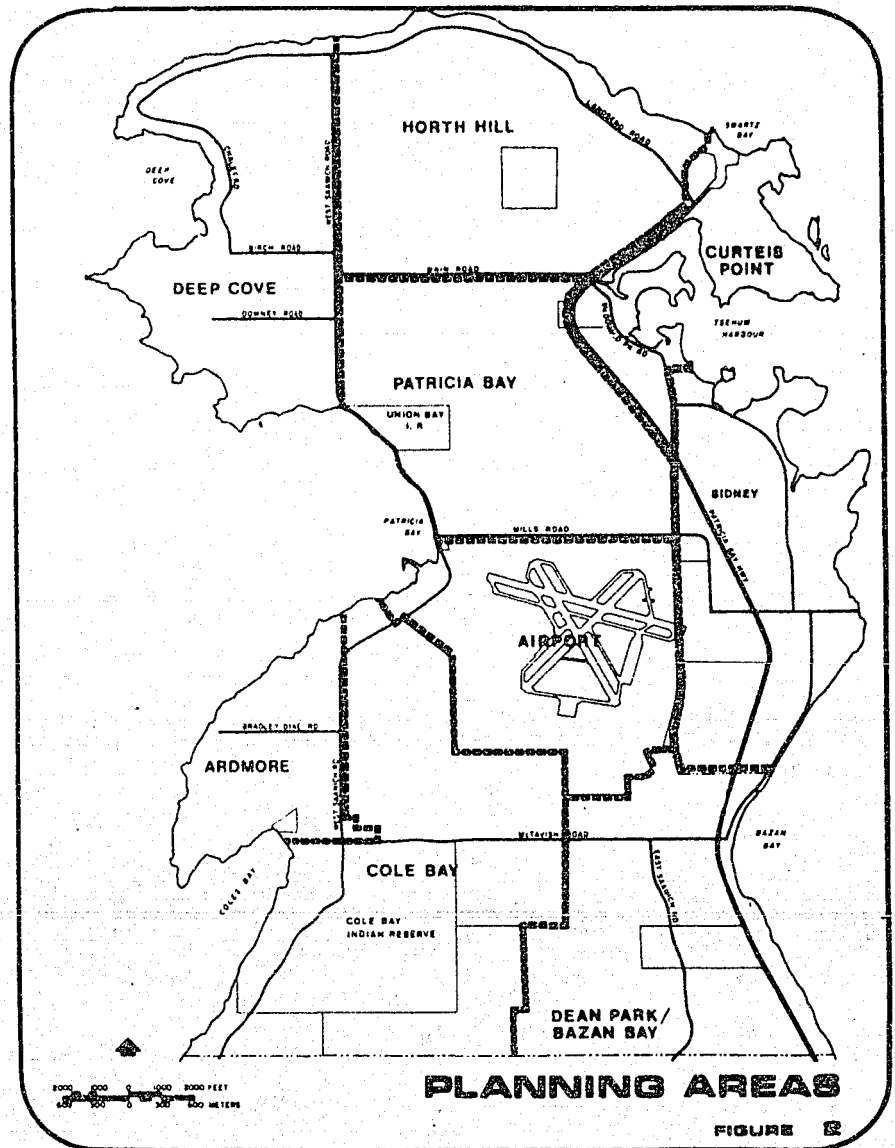
"When the prevailing sensitivity and good taste of residents and developers help to ensure a high standard of appearance, no special regulations are warranted."

"However," the plan says, "where problems exist, the council should initiate action capable of resolving the problem."

According to the plan, "appearance problems" include:

- the proliferation of unused and, frequently,
- disassembled automobiles and other vehicles throughout residential and rural areas;
- unenclosed storage of machinery parts, construction materials, and other large items;
- the general lack of building maintenance and untidy conditions;
- partially constructed buildings that never seem to get finished;
- dishevelled and unkempt grounds around certain buildings;
- collapsing structures and fences in need of repair or demolition.

"The adoption of bylaws



and standards in themselves are not adequate to do the job," the plan says. "There must also be a willingness and concerted effort by the community's residents to improve undesirable conditions and the council must be prepared to seek strict enforcement of bylaws where persuasion and suggestions fail."

General policies to ensure a high standard of overall community appearance include:

- zoning bylaws which govern the height and location of buildings "shall be directed at an acceptable standard of amenity and separation between neighboring properties;"
- a reasonable insulation between homes and traffic, as well as an open, attractive view from the road, can be achieved through requiring "greater than normal building setbacks along major roads;
- "billboard advertising shall be avoided throughout the municipality and the size, location and treatment of permitted signs shall be controlled through the sign bylaw with the objective of preventing large, garish signs;"
- regulations of bylaws will be aimed at "the attractiveness of marina, commercial, and industrial developments, with particular reference to the size and exterior treatment of buildings and structures, the treatment of parking areas, and the provision of suitable landscaping and screening."
- major developments which have a significant impact on the appearance

of North Saanich will be subject to special design review procedures and regulated by land-use contract or other methods "to ensure strict compliance with approved development plans."

— the municipality and other public agencies will also be obliged to consider the impact on the appearance of North Saanich when providing necessary services.

— "the municipality shall encourage and assist in the improvement of unsightly conditions on Indian reserve lands."

"The basic aim of the community plan is to identify the type of community desired for the future and to organize and co-ordinate interrelationships between people, land resources and services in such a way as to build towards that type of community, all the while protecting the future health, safety, welfare and convenience of its citizens."

A limited number of draft copies of the plan are still available free and a North Saanich spokesman said when those copies are gone, a number of others will be kept at the municipal hall on Mills Road for people to read.



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Supplement to the GOLDSTREAM GAZETTE and SIDNEY REVIEW

Page 1

CANOEING THE NITINAT TRIANGLE

By
BRUCE OBEE

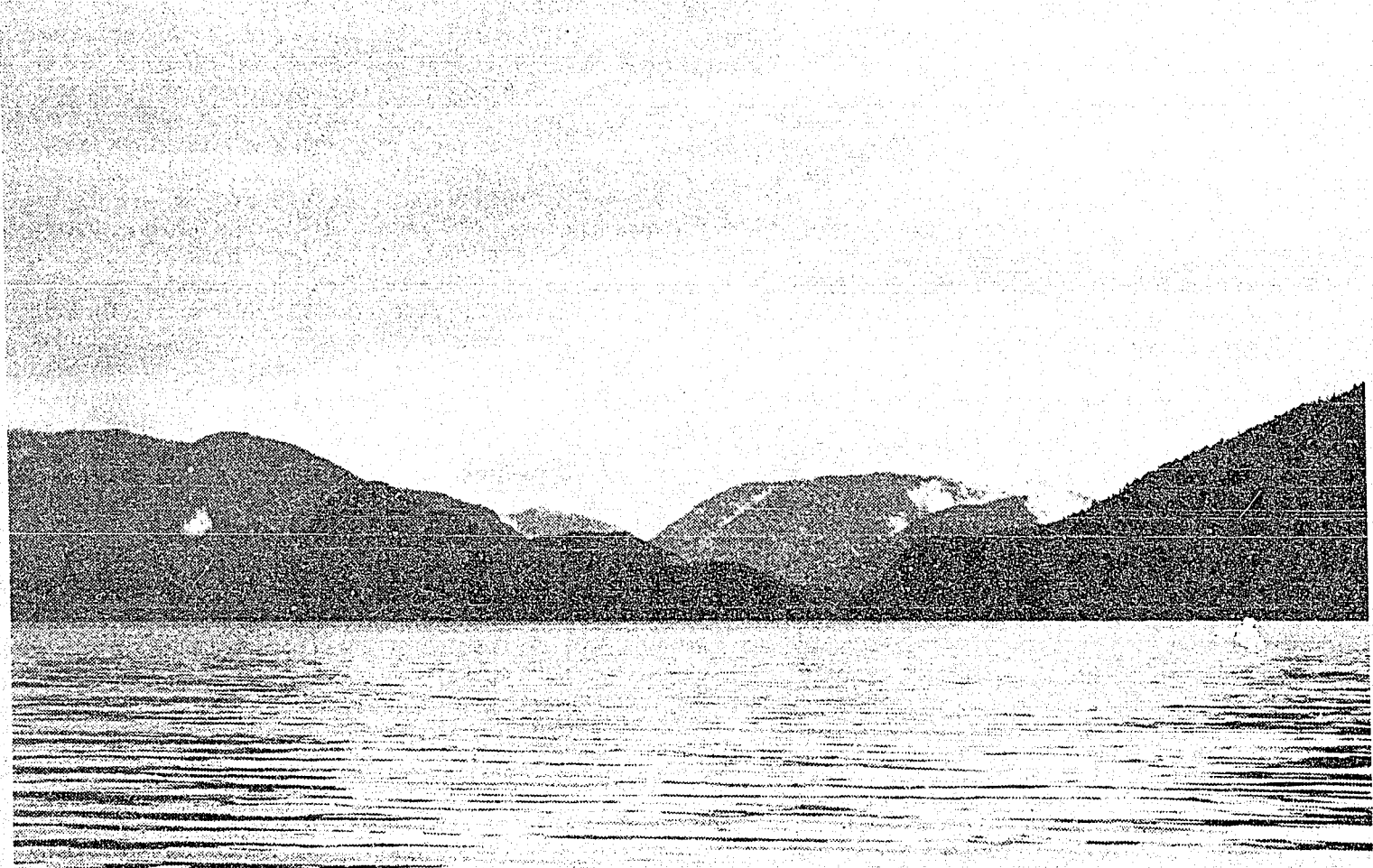
triangle begins at Hobiton Lake.

From Hobiton canoeists can hike into Squalicum Lake for a day trip, or paddle to a rough portage trail leading to Tsusiat Lake. At the southern end of Tsusiat the creek can be followed to majestic Tsusiat Falls, tumbling 60 feet onto a sandy west coast beach.

At Tsusiat Falls the river is crossed by the West Coast Trail. At this point you could meet some friends walking the trail and swap car keys. They could return via the same route you've just canoed, and you could walk about 17 miles to Pachena Bay where the trail begins.

Total canoeing distance from Knob Point to the ocean is about eight miles while portages amount to about three miles and the hike to Squalicum is a mile and a half. Between three and five days is sufficient time to canoe the triangle depending on how much you want to see.

From southern Vancouver Island, Nitinat Lake is reached by travelling about 60 miles from Victoria to Youbou on the northeast side of Cowichan Lake. The best way to get to Youbou is to turn left at the first traffic light in Duncan and follow the signs to Lake Cowichan.



Shortly before the turnoff to the village at the southeast end of the lake is a sign indicating a right turn to Youbou.

On the far side of Youbou a gravel road begins at the B.C. Forest Products

sawmill. From here it's about 35 miles to Knob Point. Although the road is open to the public most of the time, it should be remembered that it must be shared with logging trucks during the week and people who have little experience driving logging roads soon learn it's the trucks that have the right of way!

Directional signs to Nitinat Lake are easy to follow but Knob Point is not well marked. When you arrive at a sign indicating the campsite to the left, turn right and cross a bridge known as the Nitinat Red Bridge. About a mile and a half from the bridge is a junction. Take a left turn for Knob Point and about half a mile from the junction you'll cross Little Nitinat River Bridge.

Distance from Little Nitinat River Bridge to Knob Point picnic site is about five and a half miles but there's a turnoff to the left to get there. The turnoff road is easy to find as it's right near a water tank and large open area. Across the main road from the turnoff road are a number of directional signs but none showing how to get to Knob Point. It's not hard to find, however, if you simply remember the lake is on your left after you've crossed Little Nitinat River Bridge.

There's ample parking and a launching ramp at Knob Point and it's safe to leave a car for a number of days.

Nitinat Lake is notorious for daily winds which come up shortly after 10 a.m., making canoeing extremely treacherous for those who get a late start. From Knob Point to the mouth of Hobiton Creek there are virtually no beaches so once you've begun the trip you're left with little choice but to finish it.

It takes between 45 minutes and an hour to reach Hobiton Creek and all equipment should be securely tied into the canoe. It's not a bad idea to wear wet weather gear even if it's clear because the rain comes with even less warning than the wind.

Lifejackets, of course, should be worn and not just sitting handy in the canoe. They don't do much good if you haven't got them on when you overturn and they're almost impossible to put on once you're in the water.

Charts 92 C/NE (Nitinat Lake) and 92 C/10 (west half Carmanah) can be picked up from the provincial ministry of lands and forests' surveys and mapping branch. It's not difficult to find your way around the Nitinat Triangle without charts and compass but it's unwise to travel without them in case you become lost.

Hobiton Creek is easy to find as it's marked by gravel beaches on either side and ruins of old Indian shacks. A canoe can be lined up the creek to Hobiton Lake without unloading except in

one or two spots where the water is too shallow. Some pools must be paddled. The water is generally high enough year-round to line a canoe although the river near the mouth may not give that impression. It gets better further upstream. Elevation of Hobiton Lake is only 68 feet so the water never flows uncomfortably fast.

For those unwilling to line a canoe, there's a portage trail which begins about a quarter of a mile past the mouth of the creek, marked by a piece of orange surveyor's tape. But portaging is only for the hardy.

The idea of portaging may bring images of the intrepid voyageurs while you're sitting comfortably around your living room fire, planning a major canoe trip. But in reality it's horrible. The trail to Hobiton, a good clearly-marked route, is about one mile.

It's uphill, criss-crossed by thousands of tree roots, and often covered in knee-deep mud. Packs must first be packed to the lake, then canoes. Because of the way the trail winds, it's often too difficult for two people to carry one canoe. The result is that one person is forced to carry 70 or 80 pounds through a soggy rain forest on his shoulders. (Don't count on much help from your girlfriend on the portages.)

Once you've arrived,
Continued on Page 2

Hunting in the watershed

Outdoors people of the Western Community may believe themselves deprived by being denied access to the uplands area at their doorstep that is Victoria's watershed.

Doug Homer-Dixon, Forester for the Greater Victoria Water District, a man intimately acquainted with the area, is of alternate opinion.

"Most of the area was logged off long ago," he says.

"Miles and miles, in every direction, all one finds is second growth. It's not the beautiful wilderness area that people seem to think it is."

Nevertheless, a select few, chosen under the first-come, first-served method, are granted access every fall to try their luck on wildlife inside the Goldstream portion of the watershed.

Around 130 special permits are granted each year for the period from the Thanksgiving Day long weekend to the end of the hunting season, according to Ron Upward, Water

Commissioner for Greater Victoria.

But if you don't have yours already, forget about it, at least for this year. Upward advises that all permits were applied for before the end of summer.

For future reference, the cost is \$8.50 per season, and applicants must undergo a test prescribed by the Medical Health Officer.

Otherwise, access is severely limited.

Tours under the supervision of Water District staff can be arranged, for educational purposes.

And motorists are free to travel along Highway 117, south from the Shawnigan Lake road.

The road is gravel and runs 15 miles, down by Sooke Lake, to the southern boundary of the watershed. Travellers must remain inside their vehicles at all times.

At the southern boundary the road passes onto private property, and continues to Leechtown, the old mining settlement, and on south to Sooke village.

Motorists using the watershed portion of road have been forced to return by the same way since Labour Day, when a bridge on the private property was washed out.

Penalties for unauthorized use of the watershed are not light: trespass charges can bring fines of \$500 a day while polluting charges can cost \$50 per day.

Upward says people are not usually charged but only asked to leave the watershed when found by one of the many patrols. Charges are pressed only when a person becomes "abusive".

The Commissioner chuckles a bit when he talks of the outdoors people who buy the permits to hunt.

Coffee is supplied at the caretakers' cabin near the Goldstream Inn, where authorized hunters must check in before entering the watershed.

Checking his District's coffee bill, Upward figures that the hunters are more into shooting bull in the cabin than deer in the hills.

CANOEING THE NITINAT

Continued from Page 1

covered in mud and sweaty, at Hobiton Lake the going is easy for a while. It's about four miles to the end of the lake and there are several creek mouths for camping. By far the finest campsite is where a river runs down on the northern side about half way to the end. There are about a dozen other fairly good spots, mostly on the north side where the creeks drop some 3,000 feet from Hobiton Ridge.

Hobiton is among southern Vancouver Island's finest fishing lakes. It's teaming with sockeye salmon, steelhead, and rainbow and searun cutthroat trout. This year the provincial fish and wildlife branch is planning a fertilization program to enhance fishing.

Due to the elevation of Squalicum Lake — about 300 feet — it's not worth the trouble of packing in a canoe. A one-and-a-half mile trail approximately half way down the south side of Hobiton will take you up to Squalicum for sight-seeing or fishing. The hike takes about 30 minutes.

From Hobiton the travelling takes a turn for the worst. The trail to Tsusiat Lake, about two miles, is hardly fit for walking let alone portaging. Although

Hobiton and Tsusiat are located at the same altitude, the trail to Tsusiat is up and down the entire way.

The trail is covered by at least ankle-deep mud, tree roots cross the trail continuously, and many sections are virtually impassable because of deep, mucky pools. That miserable portage to Hobiton is like a Sunday afternoon stroll through Beacon Hill Park by comparison.

You'll probably find that many other canoeists remain at Hobiton, leaving Tsusiat to those who are determined to see the falls and west coast despite the hardships.

The trail is marked by a piece of orange tape on the left side as you're facing the end of Hobiton Lake. From a small clearing you can pack your equipment to Tsusiat, deciding how badly you want to see the falls on the way. If you decide to portage the canoe, give yourself the better part of a day and remember — you have to pack everything back again.

If you make it, there's a four-mile paddle to Tsusiat River where the canoe must be lifted over a small log jam.

From there a shore paddle across a small lake will take you to a point where you can begin wading down the river. When you reach the bridge crossing the West Coast

Trail, leave the river as the limestone bed below the bridge is dangerously slippery and you could get washed over the falls.

If you don't want to return to Nitinat Lake by the same route that got you to the coast, you can launch a canoe into the ocean and paddle five miles south to Nitinat Narrows. It's difficult, but not impossible, to launch a canoe in the surf but you should paddle a good distance from shore so you won't get caught in a breaking wave.

Nitinat Narrows is among the most dangerous stretches of water on Vancouver Island's west coast but it can be negotiated at slack tide, a period of about 15 minutes twice a day. Only canoeists with extensive experience should attempt to shoot the narrows.

From there, it's an 11-mile Paddle the Most Important.

To pack for a trip around the Nitinat Triangle is good old commonsense. It should be remembered that Nitinat is on the exposed coastal side of the mountains and subject to heavy rain storms year-round. Wind squalls come up with little warning and suitable beaching spots are scarce.

But the area provides some of the most beautiful scenery

in Canada and anyone in good health with a level head can thoroughly enjoy what the triangle offers.

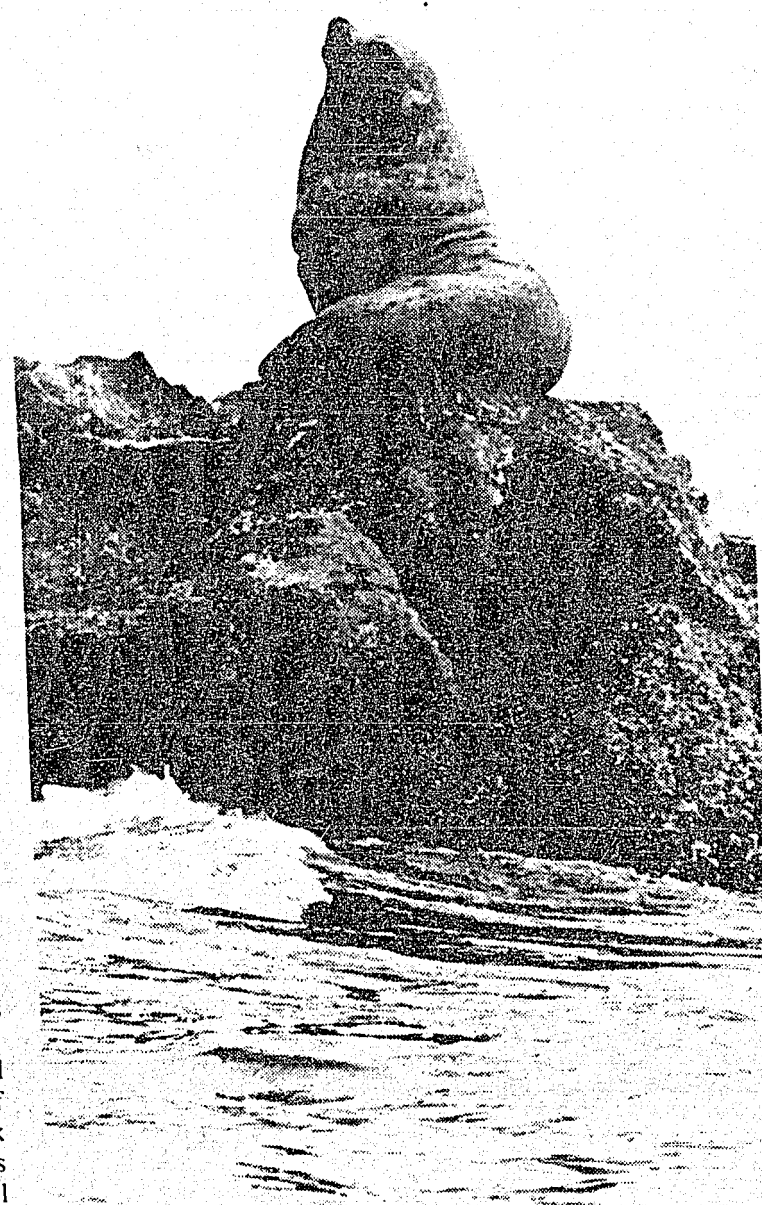
Unfortunately, many canoeists go to the Nitinat Triangle with the intention of paddling the entire route. If the trip doesn't pan out, many people simply turn around and go home rather than explore some of the area's more accessible places.

Hobiton Lake, for example, is extremely scenic and other nearby areas such as Squalicum or Hitchie Lakes can be explored. Nitinat Lake itself is really a tidal inlet where canoeists can check out numerous rivers, go fishing, or see eagles, gulls, kingfishers, hawks, seals, sea lions, otters, minks, and the occasional bear.

It's a diverse area for both experienced and beginning canoeists. Beginners who aren't used to portaging in rain forests should remember to pack everything inside a pack in plastic bags, especially sleeping bags. To make the load lighter, materials such as coffee or powdered cream should be taken out of heavy glass jars and packed in plastic bags.

The Nitinat Triangle will probably become a part of Pacific Rim National Park within the next year. It's doubtful Parks Canada will provide camping facilities or

improve the trails. If it's left in its natural state by the federal government, it will be up to those who canoe the triangle to keep it a wilderness area.



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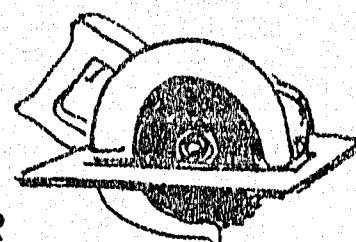
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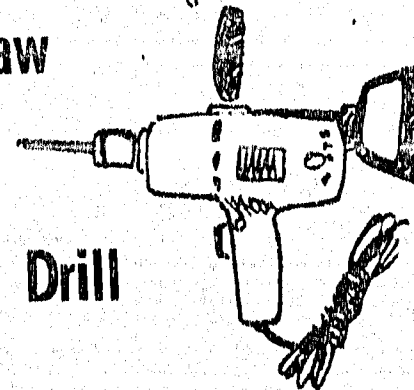
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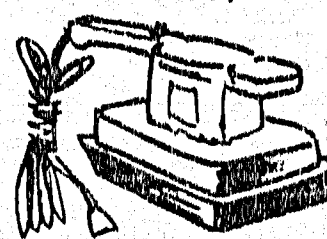
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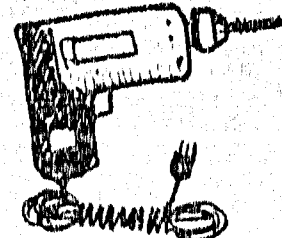
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Time was when a family outgrew a house, it simply stretched its budget and bought a bigger home. But, today's high home costs make it more practical to stay put and stretch the house by adding a room.

To be successful, a room addition should aim at three goals. It should provide enough extra living space to make a comfortable difference to the cramped family. It should blend architecturally with the rest of the house. And, it should be economical. Prior knowledge and careful planning can bring the project in on target.

The Western Wood Products Association, experienced in new home construction and remodeling needs, offers these suggestions:

- Begin by checking local zoning laws. They dictate what and where you can build. Be sure construc-

tion plans meet local building codes. Get all necessary permits.

- Determine realistically what work can be handled on a do-it-yourself basis. Hire a professional for those jobs that require special skills or equipment.

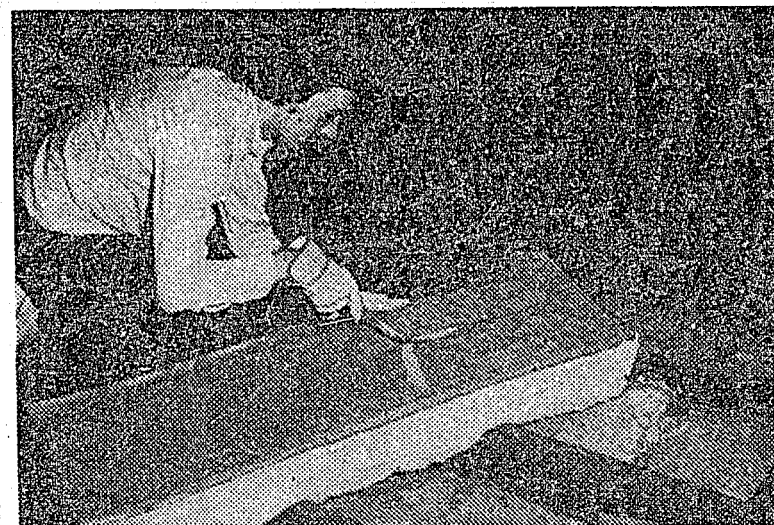
- Don't stint on the size of the addition. Once you're geared to invest time, labor and money, you won't save much by shaving inches. And, a few extra feet can mean the difference between spacious and small.

- Where possible, use the same type of exterior materials — roofing, siding, trim — as the rest of the house. Where color can't be matched because original materials have weathered, get the most compatible blend or a tasteful contrast. If you must pay a premium for architectural propriety or visual appeal, this is the place to do it.

- At the same time, be aware of the savings possible when appearance is not important. For example, less expensive utility-grade western framing lumber is fully adequate for studs — which aren't seen after the walls are enclosed. Further savings can be realized by placing the studs at 24 inches on center instead of the conventional 16 inches. With 24-inch spacing, less lumber, time and labor are required. Labor costs will also be reduced if windows and doors are selected to fit the 24-inch spacing.

- Make sure the addition is energy-efficient to achieve long-range fuel savings. Provide optimum insulation in walls and ceiling, use wood windows with insulating glass, and weatherstrip any exterior doors.

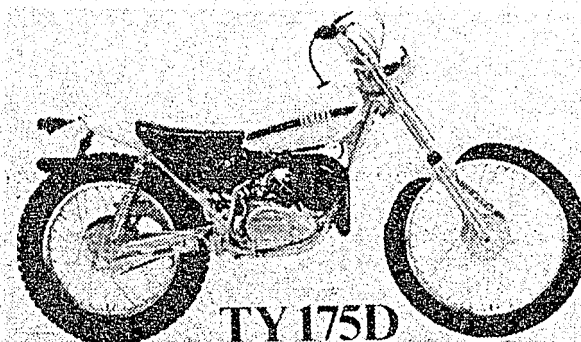
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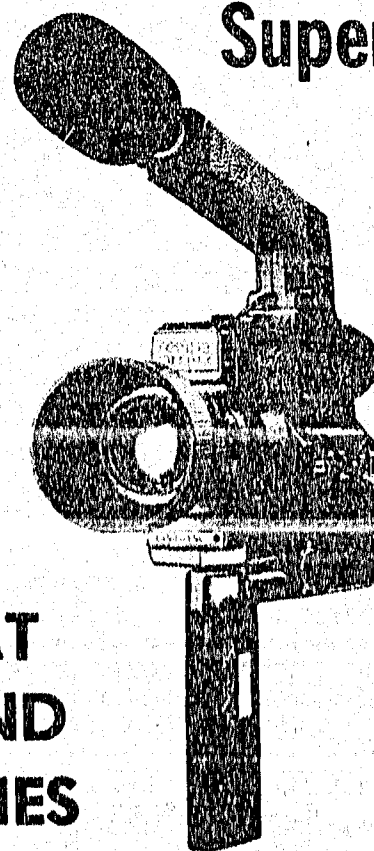
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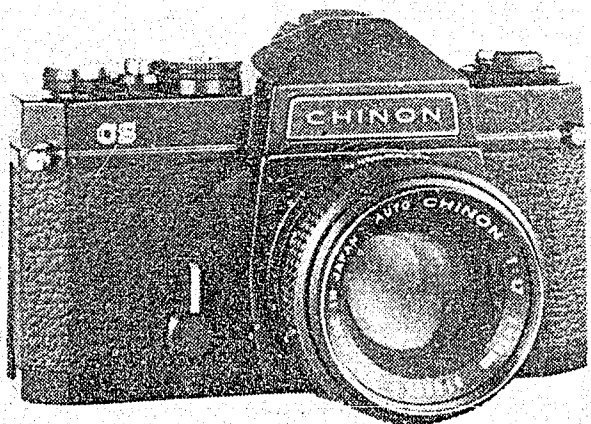
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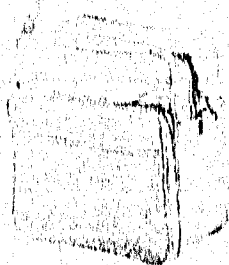
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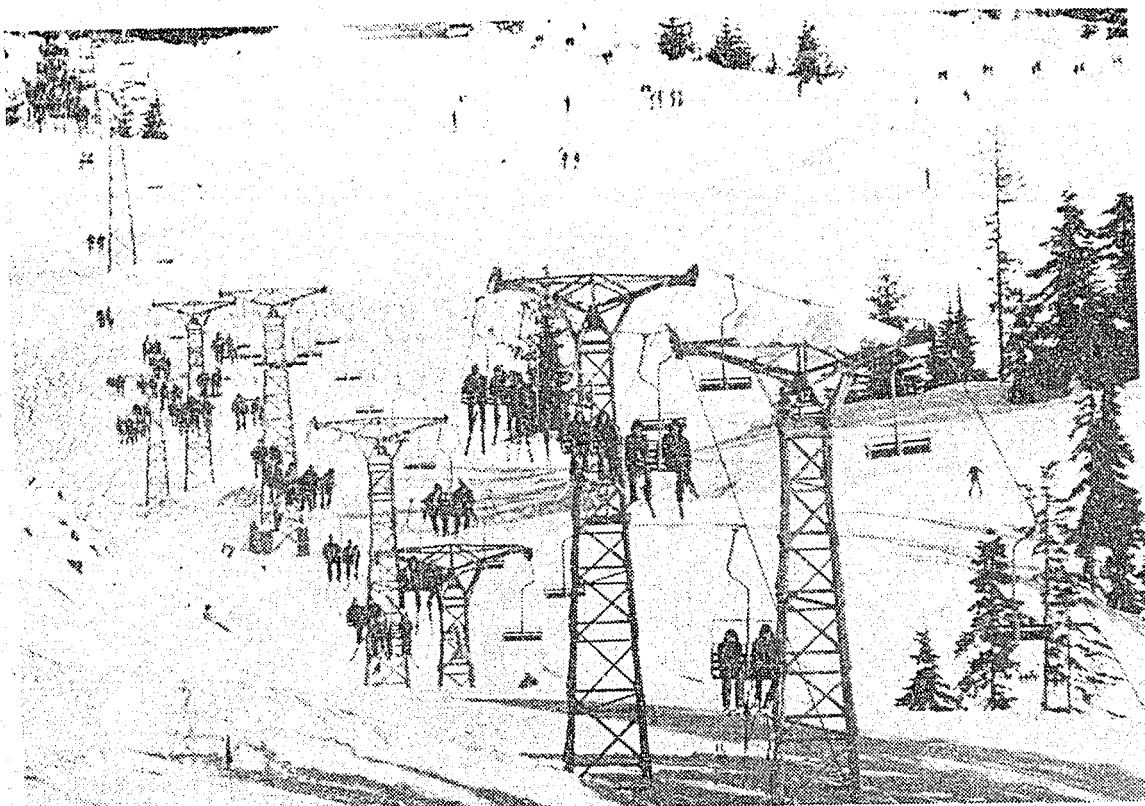
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FORBIDDEN PLATEAU: THE



Forbidden Plateau is the headquarters on Vancouver Island for winter outdoors activity.

From skiing to snowshoeing and winter camping, the Forbidden Plateau complex has just about everything.

The ski facilities are run by the Mount Becher Ski Development Society, a community-owned non-profit group that expands the operation a little more each

year.

Base camp, and the parking lot for 500 cars, is at 2,300 feet elevation. Situated at the base are the ski school, ski rentals and day lodge.

Lift facilities are a chairlift, three T-bars and a ropetow.

The chairlift is 4,500 feet long and provides a vertical drop of 1,000 feet.

Forbidden Plateau is a "family" facility, and most of the runs are the junior-

and intermediate-difficulty kind, but some runs of interest to advance skiers are available.

Average snowpack is eight feet at the base and 15 feet at the top.

Wolf Clar, manager of the operation, says 1,500 or so skier can be handled comfortably on any given day.

Forbidden Plateau Lodge, a "rustic" building a few hundred feet below the ski runs, is a private operation that offers special opportunities in outdoor recreation.

Staff specialists are available for instruction or to lead tours. The Lodge especially caters to families and groups, and can house up to 45 persons at any one time.

At the top of the list is cross-country skiing, the emerging winter sport.

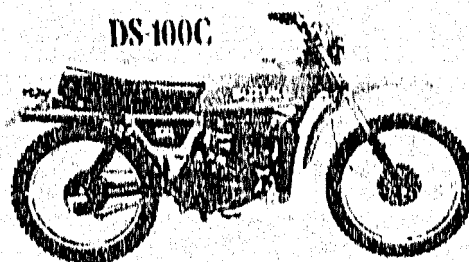
Hills and trails in and around Forbidden Plateau are considered ideal for cross-country, and the Lodge staff can provide rentals, instructions and tours.

Other specialties are snowshoeing and winter camping when, the Lodge owners promise, "We can show you how to extend your camping season to year round, and



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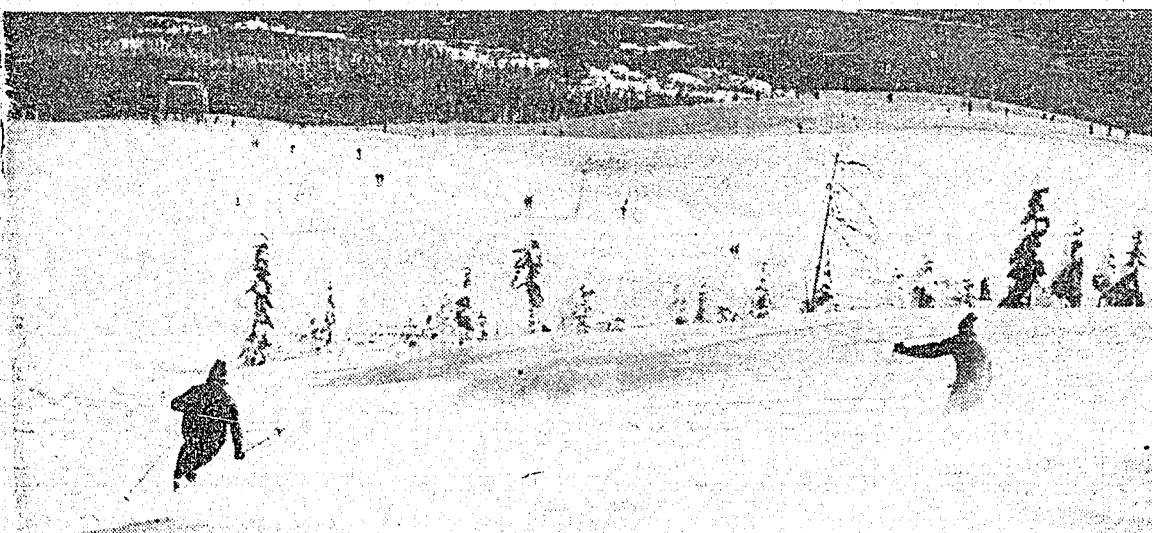
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For information, contact the manager, Lyle Pelter, through the Courtenay Radio Operator, and ask to be connected with Plateau Ski Lodge.

In Courtenay, 15 miles east of the plateau, hundreds of

rooms are available in motels for overnight accommodation. Some cater to skiers.

The season at the Lodge is year-round. For skiing, if the snow flies, the season will open December 10.

Over the winter, ski reports

are supplied to Victoria radio stations and the Crest Motel twice a day by George Manning, owner of the Anco Slumberlodge.

Or you can phone Courtenay at 334-2451 for up-to-the-minute ski information.

CROSS-COUNTRY IS COMING OF AGE

Skiing need not conjure up thoughts of chair lifts, sophisticated ski resorts and large numbers of runs down high hills or mountains.

B.C.'s Cariboo, for instance, is a gentle, rolling country where ski facilities have never been developed. Yet skiing there is very popular.

Reason? Cross country skiing. Its popularity goes up each year often so fast that ski shop operators have some trouble keeping up with the demand for equipment.

The wide-open spaces and rolling hills of the Cariboo are, of course, ideal for this type of skiing.

More than a dozen ranches and resorts in the Cariboo have opened their doors to accommodate the ski tourists.

Most of them operate as guest ranches or fishing camps in the summer.

Now, with accommodation winterized, the operators stay open year round.

Facilities range from the simple room-with-meals of family ranches from 70 Mile House to Quesnel, to the restaurant, motel and air strip of the largest of the Cariboo dude ranches.

In some places, trails have been cut for the cross-country skier with the help of a mechanical trail cutter that moves easily through the snow and gives the skier an easy path to follow. Near 100 Mile House, some 40 miles of trails — ranging in difficulty from beginner to experienced — are laid out in a wide area around a major guest ranch.

For those who want to escape from planned routes, the Cariboo offers so much wide-open terrain that it's difficult to know where to begin. Frozen lakes, snow-covered plateaus, gently rolling hills — all of it country where the cross-country skier can find isolation if he or she wants it.

Snow conditions and weather also make the Cariboo an ideal place to go ski touring. Temperatures are usually in the -3° to -10° C range, and the snow has a good powder base. The weather is dry and sunny for much of the winter in the Cariboo.

The Cariboo offers other entertainment for winter visitors. Ice-fishing for instance,

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Cold weather sailing — a hardy sport

Frostbite sailors abound in B.C. wherever people live beside the ocean or a navigable lake or stream.

During the fall and winter, sailors of every size and age can be found launching car-top dinghies, hoisting multicoloured nylon sails and playing the seasonal winds.

Estimates put the number of skippers of small sailing dinghies — Sabots, El Toro's, Mintos, Davidsons and Lasers — at 5,000 in the province.

Sizeable fleets of these 8- to 12-foot boats are to be found racing in organized schedules on most weekends around coastal and interior yacht clubs.

Major activity centres on Vancouver Island are Vic-

toria, Duncan and Nanaimo, but winter racers will be found anywhere open water is at hand.

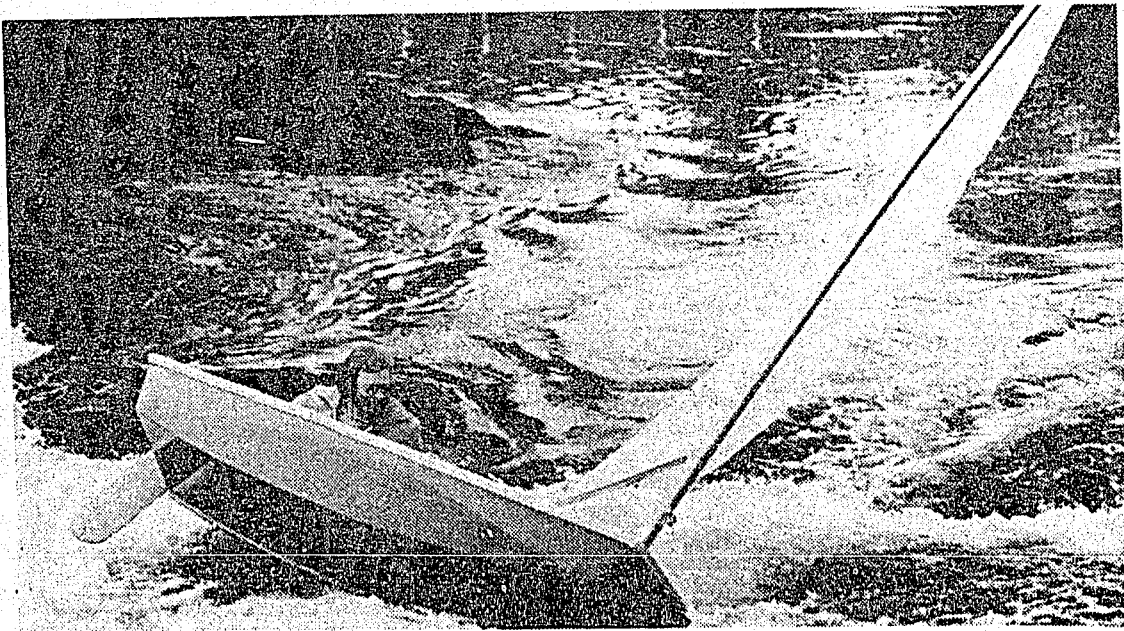
Some areas hold Frostbite Regattas and championships while at some spots, like Elk Lake in Saanich, the season is wound up with a "dinghy regatta" in early spring.

Wherever organized events are put on, a fleet of rescue boats stands by, ready to pull from the cold water any frostbite enthusiast who has the bad luck to spill, and to tow overturned dinghies to shore.

A rare breed of dinghy driving daredevil has been developed on Vancouver Island, where, mid-March, winter sailors from the Esquimalt squadron of the

Canadian Forces Sailing Association tackle The Gorge, dodging rocks and rapids from a starting point near their headquarters to Victoria's Inner Harbour. The 6.5 kilometre course heads along The Gorge, where water flow is dominated by tide conditions — making for an extremely active reversible waterfall.

Since 1970, when the first fleet tackled the course, spectators have crammed the rails of the bridge across The Gorge, and the surrounding banks to watch the sailing action. What they see confirms that racing the rapids in El Toro dinghies must be madness: the event must be the closest to unique in the world of race sailing.



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Centennial Trail: to Manning Park

In between the periods of rain on the coast over the winter, one can luck into some stretches of sunshine that would be ideal for a hike along the Centennial Trail.

The Trail runs 240 kilometres from Burnaby Mountain through the Fraser Valley to Manning Park on the Hope-Princeton Highway.

Much of the terrain is suitable only for hikers, but some sections are suitable for cyclists, especially the 95-kilometre Centennial Cycling Trail in the Matsqui-Abbotsford area.

The Trail was a joint

project of the 1967 Centennial Committee and the Pacific Region of the Canadian Youth Hostels Association. It follows as much as possible the original trails of the area.

The Centennial Cycling Trail, about a 95-kilometre round trip, begins in the Matsqui area at Mount Lehman. To begin, take the Mount Lehman interchange from Highway 1 and drive north to Harris Road, where both the hiking and cycling trails converge. You can go a little further northwest to the actual starting point, Taylor Avenue and Ross Road.

The best way of finding and following either of the trails is to purchase a map of the Fraser Valley, published by Dominion Maps, and featuring the Centennial Trails marked in red from Vancouver as far east as Chilliwack. The CYH office also has information on day hikes on the trail, and on one two-day backpacking trip.

The cycling trail offers an alternate route soon after its beginning. You may either travel south and through the bustling town of Abbotsford, or stick to meandering backroads through the settlements of Straiton and Kilgard.

Along the way the country roads wind up and down, through the valleys and low hills that dot the wide, mainly flat Fraser River Valley. These backroads are narrow, often lined with deep drainage ditches, and seldom straight; they follow the streams and creeks that cut through the lush farmlands.

The colors around you are mostly shades of green, from light to dark, yellow-green to deep blue-green of clover, alfalfa grazing land and the neatly-rowed vegetable farms. In the distance on the north side of the river, as well as to the south and east, are the smoky blues and purples of the mountains.



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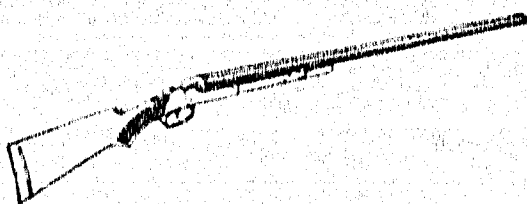
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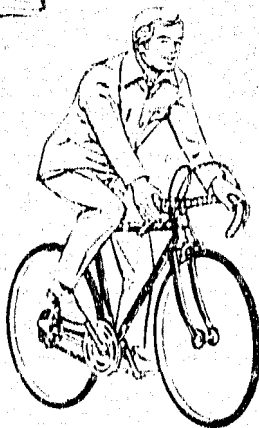
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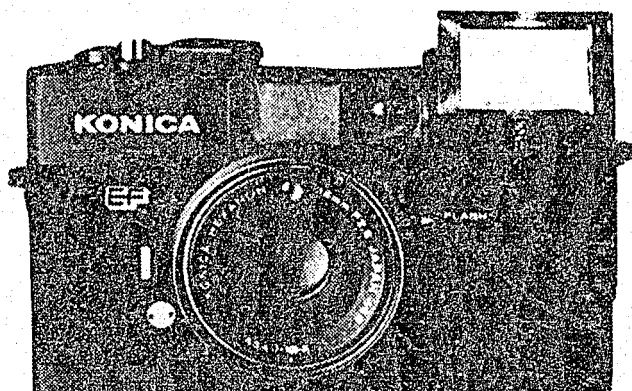


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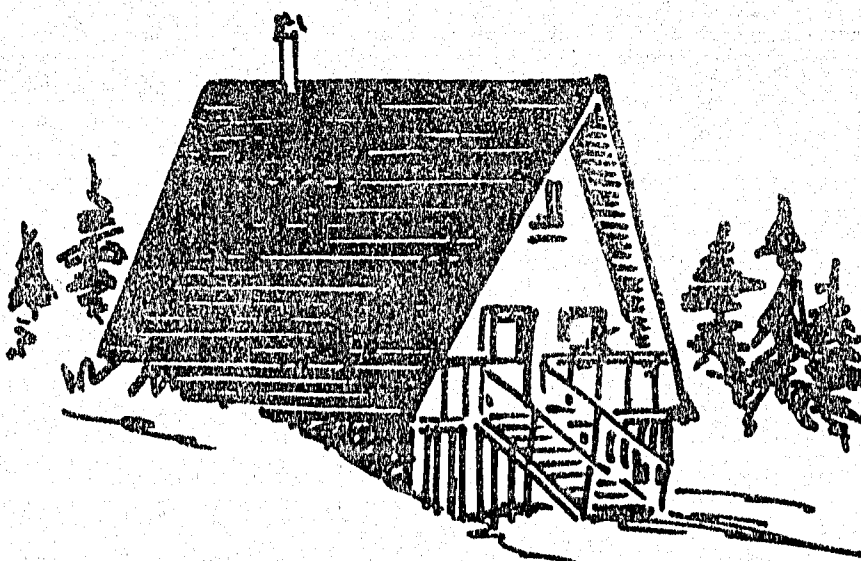


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FISH THE ISLAND IN WINTER

Advice on the best spots and months for fishing on Vancouver Island is available free of charge from any office of the B.C. Fish and Wildlife Branch.

Staff of the Branch have prepared a summary titled "Angling Data Covering Vancouver Island" for anglers who are not inclined to leave the island for their sport.

Regional headquarters for the Branch are in Nanaimo at 324 Terminal Avenue.

District offices are situated at Victoria, Duncan, Courtenay, Campbell River, Port Hardy, Port Alberni, Tofino and Gold River.

According to the Island summary, following are the lakes and streams that are good for fishing during the upcoming fall and winter seasons.

LOWER ISLAND —

Bear Lake: Tributary of Cowichan Lake, reached via village of Mesachie Lake. Half mile long by quarter mile wide. Dolly Varden, cutthroat and Rainbow trout. Still fishing is best method. No rentals. Launching and docking facilities are private but open to public. Accommodation at Lake Cowichan.

Chemainus River: 32 miles long. Steelhead available

mid-winter, but not highly productive. Accommodation at Chemainus, Crofton or Duncan.

Cowichan Lake: West of Duncan. Lake is 25 miles long and 1 mile wide. Cutthroat, rainbow and dolly varden. Rentals, launching and accommodation at Lake Cowichan village.

Cowichan River: "One of the best and most consistent fishing producing rivers," is 28 miles long. Produces salmon and trout year round. Runs through Duncan.

Cusheon Lake: East side of Salt Spring Island. Good cutthroat, to 3 pounds, to November.

Durrance Lake: In Langford's highland. Trout fishing to November. No rentals.

Koksilah River: 22 miles long, access from Duncan, Cobble Hill or Port Renfrew. Salmon, steelhead, rainbow and cutthroat. Fall and mid-winter months good.

Quamichan Lake: small lake east of Duncan, along Trunk Road, Indian Road to lakeshore. Cutthroat and rainbow. Trolling is best, fall is productive. No rentals.

Rogers Lake: alongside Island Highway, 10 miles south of Duncan. Highly productive, rainbow and cutthroat. Good in fall. No rentals, easy launching.

Shawnigan Lake: Well developed, north on highway from Langford. Cutthroat and Kamloops trout. Good in October.

Somenos Lake: Off Island Highway, one mile north of Duncan. No rentals, good access and launching. Cat fish, cutthroat and rainbow. Fall months are good, trolling is best.

Tuck Lake: small lake via logging roads through Caycuse on south shore, Cowichan Lake and into the Nitinat Valley. Area is remote, access is difficult over old logging roads. Fall season is good. Cutthroat up to 2 pounds. Trolling is best, fly fishing is good.

NANAIMO —

Brannen Lake: Off Island Highway on Blackjack Road, west. Mile by half mile. Cutthroat to 2 pounds. Rentals from farmers, accommodation in Nanaimo. October and November are good.

Nanaimo Lakes: 17 miles north of Nanaimo. Rainbow, cutthroat and Kamloops trout, to 5 pounds. Good fishing in October and November.

Nanaimo River: steelhead in winter months.

ALBERNI AREA —

Ash & Stamp Rivers:

Cutthroat and steelhead year round. Best through to October.

China Creek: west of Port Alberni on Bamfield Road. Steelhead fishing October to April. Upper section closed Dec. 15 to Mar. 31.

Great Central Lake: rainbow and cutthroat to 5 pounds. Season ends in November. Rentals and cabins.

Nahmint Lake: pack in from Sproat Lake, west from Port Alberni on Tofino Road, or by aircraft charter. Late fall is good. Excellent for steelhead where river empties into lake.

Nitinat River: restricted access from Port Alberni, weekends and holidays. Good for cutthroat. Steelhead season begins in January.

Sarita Lake & River: along Bamfield Road, weekends and holidays only. Good cutthroat to October in lake; good winter steelhead and cutthroat in river.

Sproat River: on Tofino Road, west from Port Alberni. Salmon in October, steelhead from January to March.

EAST COAST —

Big Qualicum River: steelhead in winter, cutthroat and rainbow in October and November. Island Highway



crosses the river near Qualicum Beach.

Campbell Lake: year round for rainbow, cutthroat, dolly varden. Rentals. By good gravel road, 17 miles from Campbell River.

Comox Lake: excellent salmon fishing in fall. Reach via Courtenay.

Englishman River: Kamloops, steelhead, cutthroat and rainbow in fall and mid-January to March. Some coho in fall. Accommodation nearby in Parksville.

French Creek: light run of steelhead in fall. Good fly fishing for coho mid-January to end of February. Rentals, accommodation at Parksville/Qualicum Beach.

Horne Lake: rainbow, Kamloops, cutthroat, small kokanee to October. Reach via Horne Lake Road off Island Highway.

Iron River: fished year round, excellent cutthroat and steelhead. South of Campbell River 13 miles. Accommodation available.

Little Qualicum River: Kamloops, rainbow, steelhead and cutthroat, to 8 pounds, good in October. Accommodation at Qualicum Beach.

Maple Lake: good for rainbow, to 4 pounds, in late fall. Three miles from Courtenay.

Puntledge River: steelhead and cutthroat, 2 to 8 pounds, year round. Reached via Courtenay/Comox.

Quinsam Lakes & River: excellent for steelhead in river from December to March. "Considered to be one of the best Steelhead rivers on Vancouver Island." Access by good gravel road, two miles north of Campbell River.

Spider Lake: black bass to 4 pounds, to October. Accommodation at Qualicum Beach, nine miles away.

Wolf Lake: good trout fishing September to November. Access by private road, 10 miles from Courtenay.

WEST COAST/UPPER ISLAND —

Most of the rivers and lakes on the north end of Vancouver Island have their best fishing periods between May and October. Species available are cutthroat, rainbow and dolly varden.

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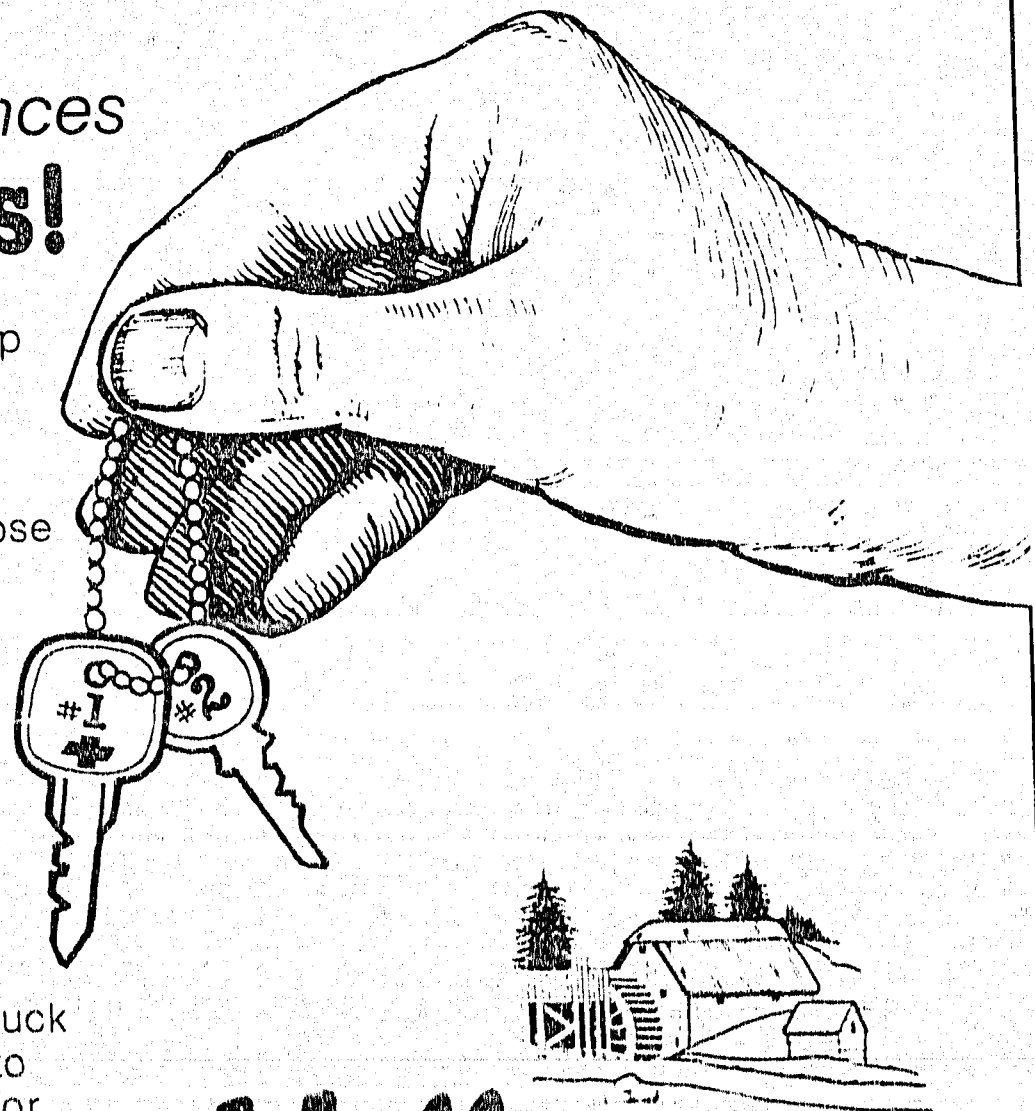
Key #2 to open the Treasure Chest in our exciting Treasure Hunt Contest. Your chance to choose from a chestfull of valuable prizes if you pick up the right key. (no purchase necessary)

Come in to Millstream Chevrolet this week — Greater Victoria's newest and most complete automotive sales and service facility. Relax, enjoy courtesy refreshments — see and test-drive the new satin-smooth Chevy Malibu Classic, the sleek Monte Carlo, or the all new super-convenient compact four-door Chevelle.

The new Chevrolets are on display now at Millstream Chevrolet so join us for an exciting preview and try your luck in the Treasure Hunt. And remember, we have two keys to your success this week — one for driving pleasure, one for fabulous treasure.

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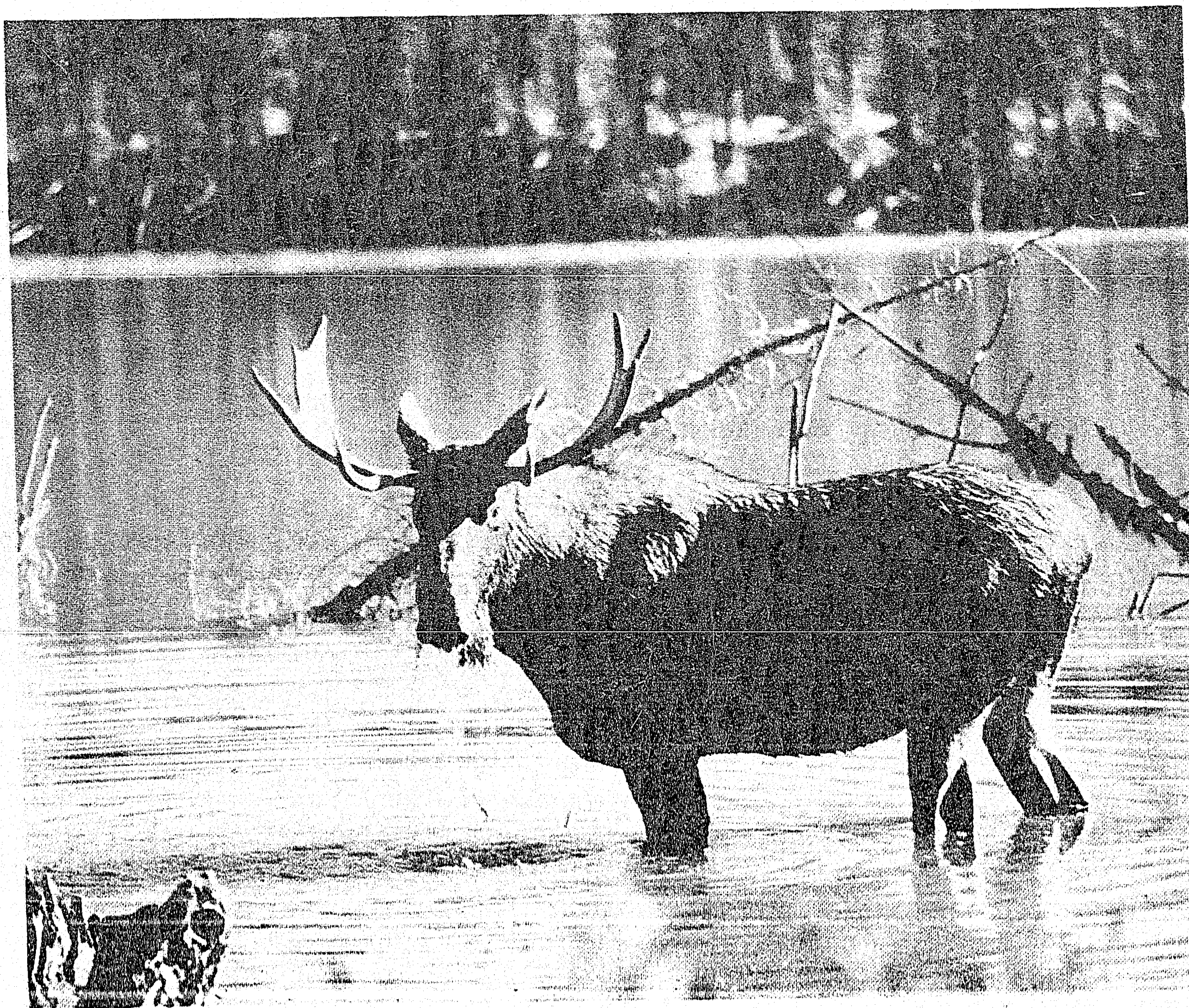
magazine

"Supplement, week of October 3, 1977, to all Western Regional Newspapers listed within"

B.C. - YUKON



EDITION



Mighty moose well adapted to wilds — Page 14

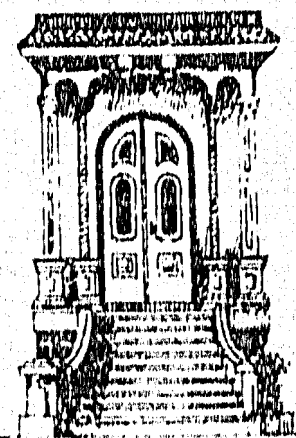
**Last of original
Rocky
Mountain
guides**

Page 6



**Mystery
recipes
for the
perfect cake**

page 14



**Protecting
Canada's
old
buildings**

Page 9

City slickers enjoy ranch holiday — Page 16

Edmonton well prepared for Commonwealth Games

Edmonton, capital of Alberta, opened to settlement as a result of the 1898 Klondike gold rush, has struck it rich again.

It has oil, gas, and a thriving petrochemical industry, parks, convention facilities and, in 1978, the Commonwealth Games.

Edmonton is hosting the 1978 Commonwealth Games next August 3 to 12. Facilities are nearing completion, ahead of time and under budget.

Ticket sales to the Games, off the Continent, began in April. North American sales begin August 3. Ticket and accommodation brochures will be available from appointed travel agents.

All Canadians will be given an equal opportunity to order tickets for the Games through a system provided by the more than 920 branches of the Toronto-Dominion Bank.

Ticket costs reasonable

Prices of the more than 715,000 tickets available for the 10 days of events are reasonable. Almost half will cost \$7 or less.

Top price is \$20 and \$25 for the opening and closing ceremonies.

Canada was asked to come up with a tenth sport for the '78 Commonwealth Games. So, gymnastics was added to the other amateur sports, which include: athletics (track and field), badminton, boxing, cycling, lawn bowls, shooting, swimming and diving, weightlifting and wrestling.

Lacrosse has been chosen by Canada as a demonstration sport.

Visitors to the Games will be easily accommodated by Edmonton's 6,000 hotel and motel rooms and campgrounds within 50 miles of the city. In addition a "Home Hospitality" program will have Edmontonians opening their doors to house visitors.

A new rapid transit system will facilitate comings and goings to the Games events and city tours.

City attractions

There is much to see and do about Edmonton at any time, with the Fort Edmonton Historic Museum, Storyland Valley Zoo, the Alberta Game Farm, the Muttart Conservatory and the new Cultural and Convention Centre, all nearby.

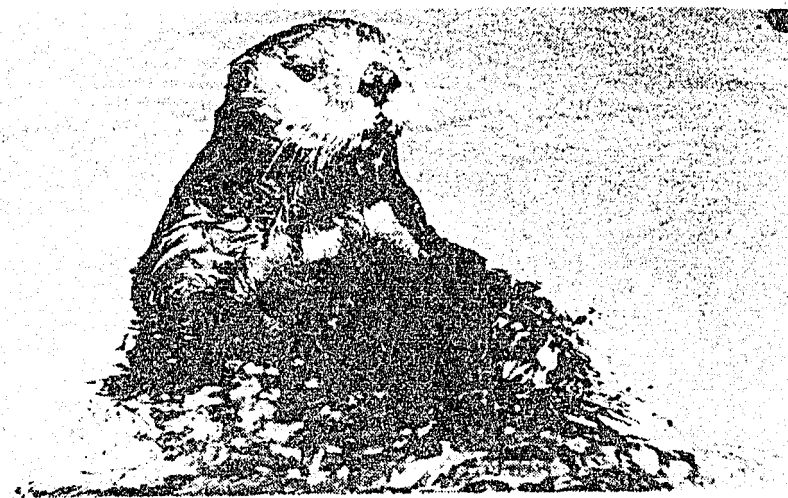
Edmonton is a pleasant place to visit and live. It's a city to stroll in, fly a kite or play ball.

Latest project is the development of a 3,000 acre Capital City Park. Stretching 16.0 kilometres (10 miles) along the North Saskatchewan River from the centre to the northeast corner of the city, the park will have 28.8 kilometres (18 miles) of bicycle and hiking trails, four pedestrian bridges spanning the river, as well as boat launching facilities.

Capital City Park is scheduled for completion in July 1978 in time for the Commonwealth Games.

Next year will mark the 50th Anniversary of the Commonwealth Games. Come to Edmonton, Alberta and join Canadians and international amateur athletes in celebration of the "World's Friendly Games."

Details on the Commonwealth Games, tickets and accommodation can be obtained by contacting Commonwealth Games, P.O. Box 1978, Edmonton, Alberta, T5J 5J5. Phone (403) 425-1978.



THIS CUTE FELLOW, the sea otter was facing extinction only a few years ago. Now, thanks to the efforts of conservationists and wildlife authorities, he is making a strong comeback on B.C.'s west coast.

Otter rescue plan works

The success of a five year old international operation to re-establish sea otter populations on the west coast of Vancouver Island was recently confirmed for the first time.

Scientists from the Pacific Biological Station at Nanaimo reported sighting several thriving colonies of the animals in the general area where sea otters from Alaska were released in 1969, 1970 and 1972. The transplant involved scientists and technicians from Federal Fisheries, B.C. Fish and Wildlife, and Alaska Fish and Wildlife.

During the recent sighting female sea otters were observed with young, which scientists say indicates strongly that the transplant has taken. Sea otters were captured near Amchitka Island in Alaska for the transplant and were shipped to Bunsby Island area aboard a federal research vessel, the G.B. Reed.

The former abundance of the

sea otter, which possesses perhaps the most valuable coat of any fur bearer, declined drastically in the 19th century as a result of commercial harvesting. By the early 1900's only a handful of the animals remained. The last native sea otter was seen on the west coast in 1929. The transplanted sea otter population is fully protected under provincial fish and wildlife legislation.

Sea otters feed on a variety of mollusks, sea urchins and kelp, but variations in their diet depend upon the greatest concentration of individual foods. Sea otters are not particularly fast swimmers. Fish are not considered to be a part of their diet. Abalone, sea urchins and sea mussels appear to constitute their principal food. Sea otters have been observed to float on their backs, place shellfish on their chests and use rocks to pound the shell open. A sea otter can reach 6 feet in length and has been known to weigh 85 pounds.

WINDSOR CANADIAN

Well worth guarding.

Or for those more generous souls, well worth sharing.



One of the three largest selling Canadian whiskies in the world.

Continent's 1st gas station in Vancouver's West End

You notice gas stations only when your tank is running low. The rest of the time they're too commonplace to stand out in the string of stores, restaurants, and businesses lining our streets and highways. But like other things we take for granted, there had to be a first gas station. Someone, somewhere had to take that first imaginative step.

Actually it happened not all that long ago. Canada's first gas station—perhaps the first in the world—was born almost by accident on the corner of Cambie and Smythe streets in Vancouver. A bronze plaque gives the date as 1907.

Imperial Oil had its Vancouver warehouse at that corner. The horse-drawn tank cars of the day used to pull up inside to load up for deliveries. Some of those new-

fangled cars came in to fill up too. One of them backfired. The bang was deafening inside the building. Instant chaos ensued. Horses reared and plunged; men swore and tried to restore order; barrels crashed to the floor. When it was over, the foreman vowed he would never allow another car in his warehouse.

So next morning, Imperial regional manager C.M. Rolston opened a three-sided shack of corrugated iron outside the warehouse, with one side open to the street. It contained a 13-gallon water tank painted red and filled with gasoline, which could flow through a length of garden hose into the cars. The first gas station. No one particularly noted the historic event at the time because it wasn't done for cars at all; it was done as a convenience for horses.

MAJOR EVENTS IN BRITISH COLUMBIA:

Oct. 11-12	Victoria	Toller Cranston Ice Show, Memorial Arena
Oct. 29	Nanaimo	Oktober Fest
Nov. 7-11	Kamloops	Provincial Winter Fair, Exhibition Buildings
Nov. 17-19	Vancouver	Christmas At Hycroft
Dec. 14-18 1978	Victoria	Ice Capades
Jan. 19-22	Kelowna	Snow Festival
Jan. 20-29	Revelstoke	Snow Festival
Jan. 30-Feb. 3	Victoria	Canadian Figure Skating Championships
Feb. 1-5	Vancouver	Camping On Wheels, Exhibition Park
Feb. 2-5	Prince George	Northern B.C. Games
Feb. 3-12	Vernon	Winter Carnival
Feb. 10-19	Victoria	International Boat Show, Memorial Arena
Mar. 3-5	Fort Nelson	Annual Treppers Rendezvous

West Coast - rugged scenery and great beaches

For a vacation that takes you away from it all, a trip to the West Coast of Vancouver Island can't be beat. Only a few hours drive and ferry trip from Vancouver, yet it feels very remote, with the rush and dirt and noise of cities left far behind.

Standing on Long Beach you have nothing but thousands of miles of ocean before you. All that distance seems to add a special power and grandeur to the waves as they sweep in and break on the sand or the jagged rocks. On either side of you, the beach stretches for miles, broken here and there by rocky promontories, while behind you the forests lie close, isolating human activity to a narrow strip along the shore.

Even on a summers day when the maximum number of visitors are on the many beaches of Pacific Rim National Park, it is easy to be lonely on the vast stretches of sand. If it is your pleasure to commune with the waves and the wind and sand alone, nothing is easier. At the same time for the more gregarious there are conducted nature tours and in the two small villages convivial watering holes where it is easy to meet people and be sociable.

The West Coast is not everyone's cup of tea fortunately, which is why it remains uncrowded and remote. The kind of excitement it offers are the chance to see whales blowing off the shore, or seeing the sea lions

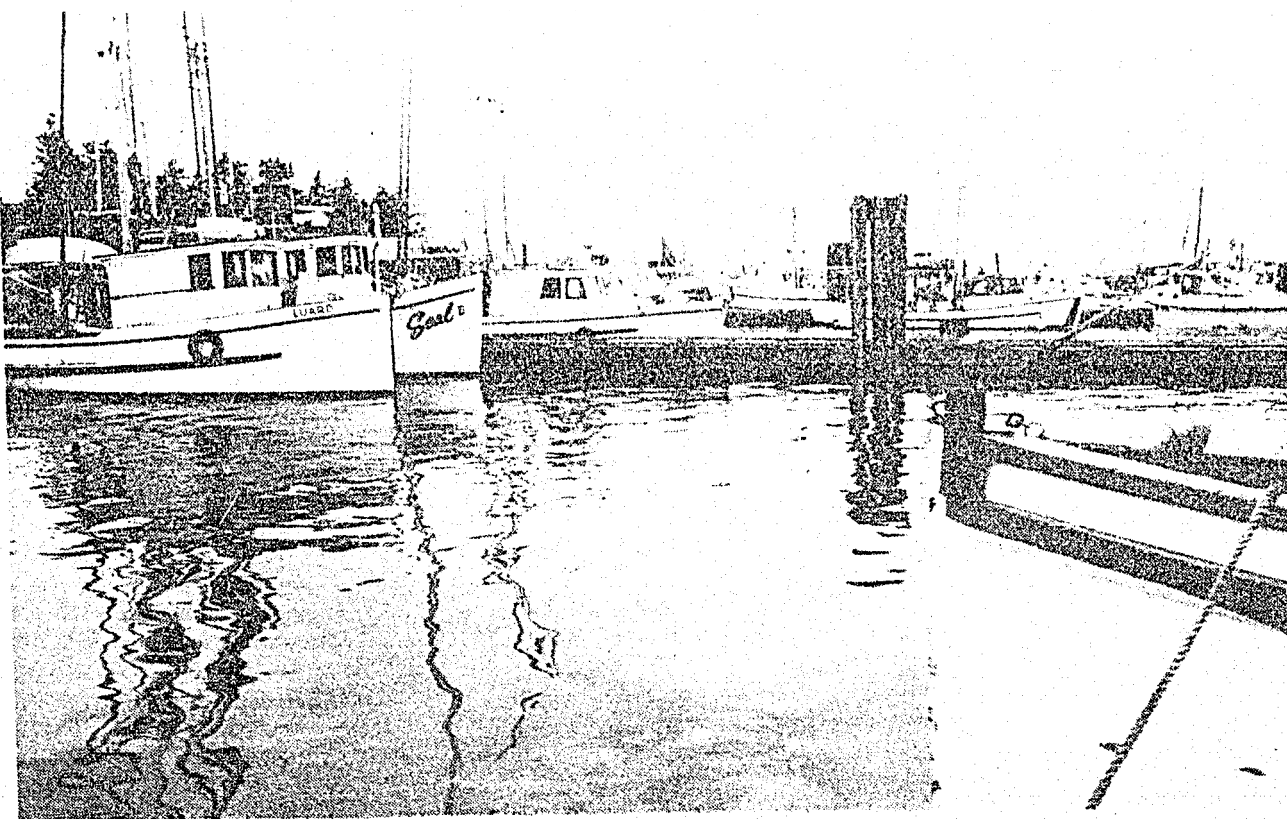
congregating on their favourite rocks. Nightlife is a stroll under the stars or a glass of beer in the pub. Relaxation comes from being close to nature and through following the regular round of the fishing boats coming and going providing a glimpse of a way of life attuned to the environment.

Rain is frequent

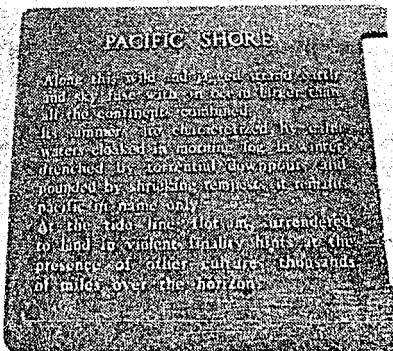
It is possible to eat well and to find comfortable and even luxurious accommodation, if you are prepared to pay the price, but the real enjoyment of a West Coast vacation will depend on your enjoyment of the natural surroundings. And one should be warned that the weather is highly variable and rain is frequent along the coast. The rain is warm and the air is clean, so if you don't allow a shower to keep you indoors, the weather should not bother you.

The water is usually cold. Sunbathing on the beach is attractive but dips in the ocean are likely to

(continued on page 18)



FISHING BOATS tied up in the small, sheltered harbour at Tofino, B.C., always make a colourful picture.



ON TOP OF RADAR HILL in the Pacific Rim National Park on the West Coast of B.C. this marker has been erected. Even normally unimaginative civil servants seem to have been moved to poetry by the amalgam of shore, sea and sky that comes together here.

Niagara Parks replay bird

Niagara Parks in Ontario -- 1120 hectares (2,800 acres) of parkland along the entire 56 kilometre (35 mile) length of the Niagara River -- offer a variety of leisure and recreational opportunities.

The cataracts are colorfully illuminated nightly by the Niagara Falls Illumination Board.

An indoor greenhouse display is open at a tropical conservatory on the Niagara Parkway, a quarter of a mile south of the Canadian Horseshoe Falls.

Winter brings an added dimension of beauty to Niagara.

The clinging spray of the Falls blankets the nearby trees, rocks, and lamp posts, forming unique frozen shapes.

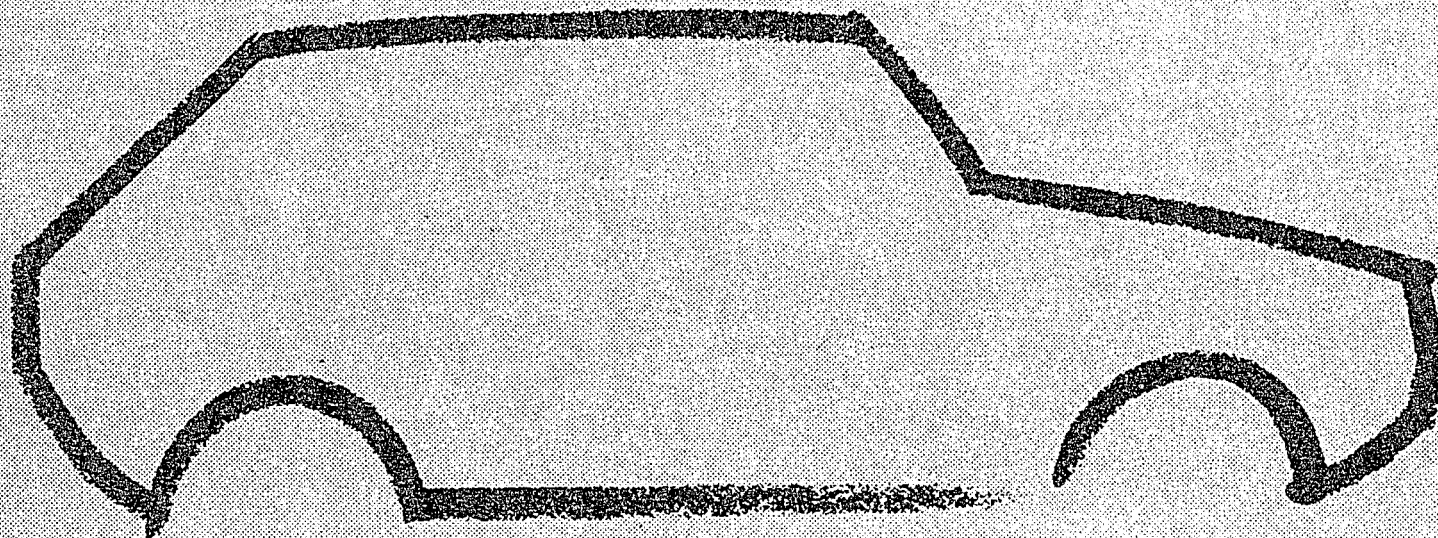
This frosty "Winter Wonderland" is a photographer's delight.

The famous Niagara "ice bridge" usually begins to form in the gorge below the cataracts in early January.

Depending upon conditions, it may still be present in April.

Winter bird-watching at Niagara is exceptional along the 32 kilometres (20 miles) of scenic Niagara Parkway, paralleling the Niagara River, between Niagara Falls and Fort Erie.

Numerous species of ducks and gulls can be seen.



This year almost every car maker around will be trying to hand you this line.

Look familiar?

It's the Volkswagen Rabbit.

But without even looking too closely, it could be one of any number of cars that have recently appeared on the market. Or are about to.

If imitation is the sincerest form of flattery, we're very flattered.

However, it's not the outside line of the Rabbit that makes it so revolutionary, it's what goes on underneath the line.

In the five intensive years of planning and innovation that it took to create the Rabbit, it was continually designed from the inside out. Not vice-versa, like many cars. Looks for looks' sake was never our intention, and that's where we drew the line.

For instance, since our transverse engine was mounted sideways up front, it created a huge amount of room for people and luggage in back. (Far more room we might add, than any other car its size.) And since the engine took up less room, that engineering fact plus extensive wind tunnel tests

determined the dramatic slope of the hood.

The sleek hatchback rear end design and the sporty line of the Rabbit's front were no accidents either. Even though they were in part refined by hundreds of test collisions over several years.

Function followed safety. And form follows function. All along the line.

You also get front-wheel drive, 72 kilometers per gallon (45 mpg) on the highway, 47 km/gal (29 mpg) in the city.* You can accelerate from 0 to 80 km/h in a scant 8.3 seconds. (No one has been able to match those specs either.)

You get fuel injection, rack and pinion steering, front disc brakes, steel belted radials, independent 4-wheel suspension, and a whole list of advanced features that other car makers have not even caught on to yet, let alone caught up with.

Drop in at your nearest VW dealer and test drive the astonishing Rabbit.

Why settle for pale imitations when you can buy the original?

The Volkswagen Rabbit

There's no comparison.

*Results obtained using Transport Canada approved test methods using standard test on the Rabbit transmission. Your fuel consumption will vary depending on how and where you drive, optional equipment and condition of your car.

Here's how to save energy at home

By Philip A. Yandle,
WRN Magazine's
Home Handyman

Around your home be a spend-thrift - don't let somebody else waste your money

A certain telecommunications corporation a few years ago used a slogan for advertising its services that is virtually impossible to match. They stated: "A message is not a message until somebody reads it". Think about it. Can you find a more logical statement of profound fact in all our present high pressure propaganda than that simple statement?

There is an "energy crisis," we are told, but what has been done about it? Not a great deal. At least little beyond a vast amount of talk and a number of grandiose suggestions that don't suit my means when my bank book is put into the same perspective. The wheat has not been separated from the chaff! It's not a problem that money is no object, but the reverse.

Insulate your home, use a smaller engined car, get a more efficient heating plant to heat your home, double glaze your windows, etc., etc., are some of

the suggestions, as if money grew on trees. There is no attempt on the part of this writer to say that these recommendations are worthless, but some rational thinking has to go into the planning.

What about the person who doesn't own a car, far less being the owner of a home? So it gets down to what we can basically afford. Some of us grew up believing that "charity begins at home", so what does that imply? Nothing more nor less than being sure that product you buy is the best value for your money and in the long run is the most economical to operate and at least be repairable in this age of "throw aways".

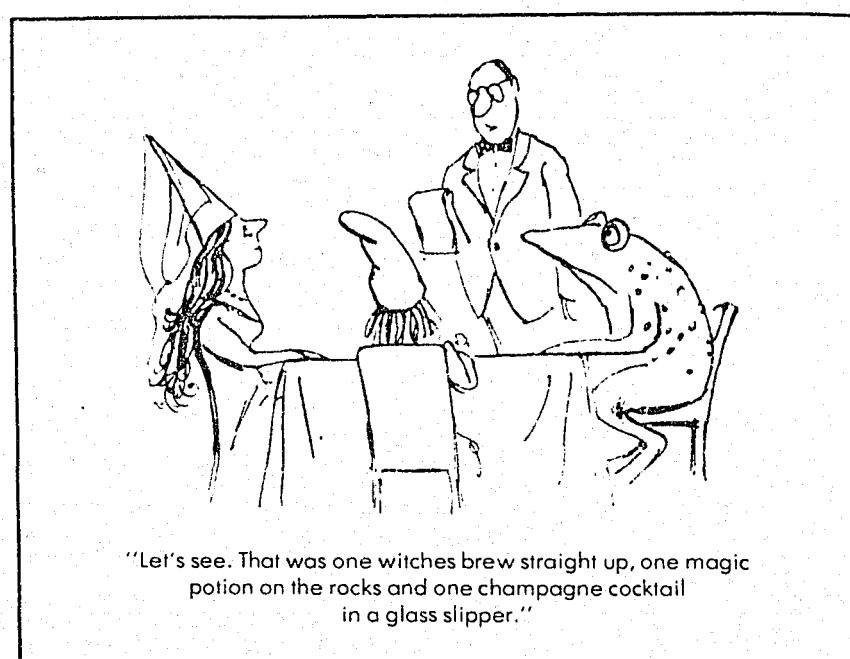
"Instant picture" waste

How many people know the price in wasted energy they are paying for "instant picture" coloured T.V. sets, automatic defrosting refrigerators, self cleaning ovens, even unto the ultimate in helplessness - the electric toothbrush? Two years ago, when the energy crisis monopolized the headlines and the money manipulators (also known as robber barons) were making "positive" statements to the ef-

fect that Alberta was populated with "blue-eyed Arabs", a small article appeared in the newspapers that said "If all the instant-start T.V. sets in the U.S.A. were "switched-on" sets, with the picture tube allowed the normal two minutes heat up time, there would be enough electricity saved in one year to service a city the size of Cleveland for a like period of time." That's the price you pay for a picture tube that is energized whether the set is in use or not.

Most sets are equipped with a "holiday switch" located with the tuning adjustment knobs, that cuts off the circuit that keeps the tube energized for use when the set is not going to be used for long periods of time. This still allows the set to be switched on and used by the main control switch, but horrors, you have to wait for it to warm up! There is a substantial saving of energy, and what is more interesting - money, when these "wasters" are eliminated or the purchaser refuses to be hooked on sales gimmicks when buying appliances. It is well worth the effort to start being a real "do-it-yourselfer".

There is one question that we



would like to know the answer for and that is "how many people have bought what was called a Medallion Home", thinking it referred to the quality of the building, not knowing it was a sales term indicating there was a maximum number of electrical outlets that would allow the 'proud owner' the privilege of being able to use every electrical gadget on the market.

Save with storm windows

There is nothing that can be done to offer any substitutes to save money in the field of insulating materials, since they have a rating factor and must of necessity comply with Provincial and Federal restrictions, as well as local fire regulations, and therefore must be considered to be only as good as the manufacturers claim. As regards double glazing, yes, there can be substitutions. Storm windows were, and still are, when properly fitted, a great protection against the biting cold of winter.

It is understandable that storm-sashes are no longer an inexpensive item any more, but very excellent substitutes can be made by any practical person using a heavy gauge of sheet plastic (not less than 6 mils thick) and adequate dimension lumber for making the frames. We do not recommend just stapling the plastic over the windows, as inevitably the first wind storm will tear them loose, and furthermore, it's just a one-shot deal and has to be repeated each year to the detriment of the exterior finish and therefore not economical.

However these can be fitted to either the outside or the inside of the window, and depending on the care and neatness of the maker can be quite good looking. In the case of older houses with mullion type windows, the inside method can be used with a great deal less materials since the whole window can be covered in one piece as opposed to separate sections. In the case of buildings two storeys or more in height this also eliminates the hazard of having to use a ladder. All that is necessary to do a good job of insulation is be sure they fit tightly to the existing frames, and to be removable they should be held in place with small unobtrusive metal buttons.

Ensure good frames

One piece of good advice when making the frames: be sure they are square and the corners are glued securely with a good resin glue to avoid movement when stretching the plastic over it, thereby eliminating any wrinkles.

There is a disadvantage to this method, that while they are in place the window cannot be used for ventilation. However, since practically all houses have a filtered circulating air system for

heating, the air is as fresh in one part as in another.

For better heating, the air in the house should be changed daily and at some convenient time of the day (preferably around breakfast time) the front door and back door should be opened for a few minutes to let in a fresh supply of air. Air depleted of oxygen is not healthful, nor does it circulate as well, thereby making the home harder to heat.

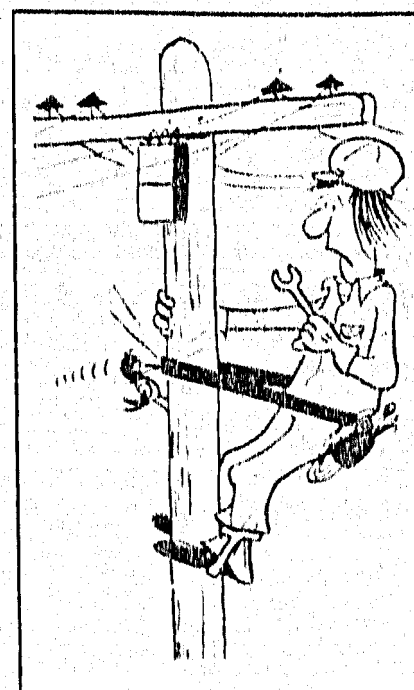
Eliminate needless windows

At a time when we are all conscious of the need for conservation of energy, if for no other reason than it is to our economic advantage, it is amazing that architects still keep on designing "gold fish bowls" for houses, and skylights and skydomes are back in fashion again. This, in spite of the fact that we have been repeatedly told that large areas of glass, and in particular, skylights, are the great heat losers.

Two years ago, we appraised the value and use of the windows of our house and realized that two fairly large windows were serving no useful function. Since they were both side windows they have both been eliminated with absolutely no loss of light. As for view, one looked at a blank wall, and the other at a well draped window that yielded once the exciting scene of a fleeting glimpse of an elderly lady in rather archaic bloomers. Not exactly Playboy!

Who knows, perhaps you have some windows of a similar nature (and anyway, who likes cleaning unnecessary windows) that for many years have been of little or no value. Most homes find unbroken wall spaces at a premium, for the placement of large pieces of furniture, and this might be a good time to get that chesterfield into a more favourable position.

Next issue: the step-ladder that leads up to the sky! You can have one too.



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Useful hints for cutting heat costs

"Reducing heat loss from your home is the most effective way of reducing your monthly energy bill," Hugh Coffin, Northwestern Utilities' (NUL) senior utilization engineer told the Engineering Institute of Canada, during a recent meeting.

Mr. Coffin estimates between 50 and 70 per cent of the total energy consumption in a residence is for space heating. "Some studies have shown that proper insulation and other upgrading techniques can cut the heating bill almost in half."

He says the homeowner should aim to retain as much of the heat in his home as possible. "The first point to remember is that from the moment heat is generated in the home, it tries to escape to colder air outside. It sneaks out through the ceiling, walls, basement, windows, doors, milk shutes, mail slots and cracks."

"Proper insulation is the key to reducing heat loss," says Mr. Coffin. Insulation is manufactured and sold by its thermal resistance to heat passage - the higher the number, the better the insulating qualities. In order to compare the insulating effectiveness of various materials, one compares the R value per inch of thickness of the materials. These R values are stamped in large print on the covers of most packaged insulation. One brand of insulation may be thicker than another; but if they both have the same R value, they will perform equally well.

"Briefly, there are four main types of insulation: Batts, Blankets, Loose Fill and Rigid. A fifth type, 'Foamed in Place' material, is now being evaluated.

Insulation is made from fibres of glass and cellulose, rock or slag, wool, expanded mica, shavings and three or four types of plastic material." NUL's senior utilization engineer supplied an overview of the various types of insulating materials:

BATTS

These are sold in bundles of 4 or 8-foot long sections of glass fibre in standard stud widths. They can have a vapor barrier facing of asphalt and kraft paper or other material on one face, plus nailing flanges along each side. They are also sold unfaced in standard widths to be held in place by friction which gives rise to the term "friction fit" batt.

BLANKETS

These are similar to batts, but are sold in varying lengths up to 80 feet. Batts and blankets are used to insulate walls, floors and ceilings in frame or brick houses and can be used against basement walls where framing has been added.

LOOSE FILL

Loose fill can be in pellet, fibrous or granular form and is suitable for pouring or blowing. It is suitable for upgrading insulation in attic ceilings and walls for filling cavities in concrete block.

RIGID INSULATION

Rigid insulation is sold in sheets of varying dimensions and is made from polyurethane, polystyrene and phenolic materials. It is particularly suitable for insulating masonry walls where it is attached by means of a glue. Polyurethane and polystyrene present a severe fire hazard in exposed applications, but properly installed are considered safe. When used inside, they must

be covered by 3/4" plaster of 5/8 gypsum board.

FOAMED IN PLACE

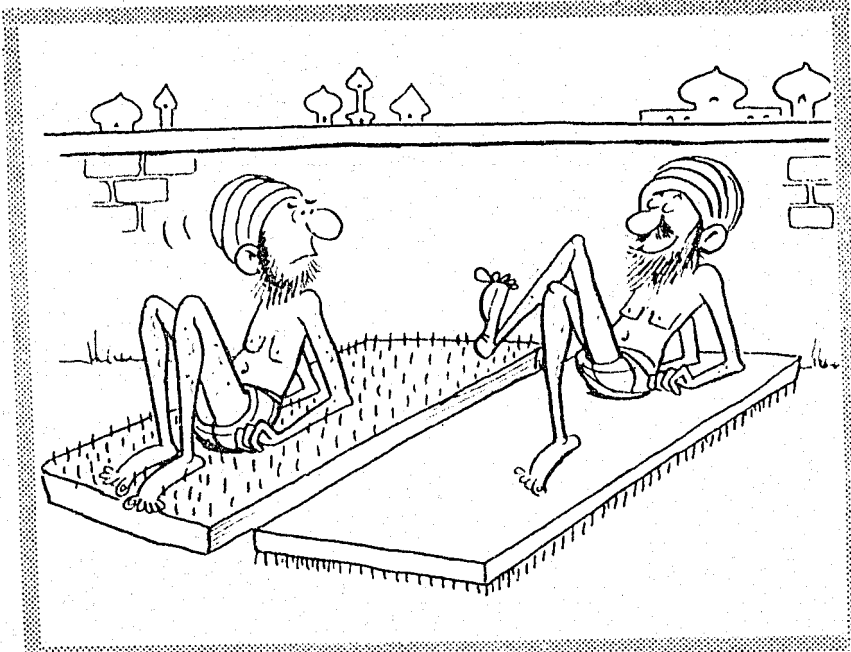
Urea formaldehyde is injected into the cavity as a semi-liquid foam which quickly solidifies to give a solid insulation material. This substance is still in the "experimental stage", and some formulations are subject to shrinkage, degradation and moisture problems. New standards are being drawn up for manufacture and installation of this material. Here are the recommended minimum R - value insulations levels suggested by the National Building Code:

Ceilings	13.5
Walls	13.5
Basement Walls	8.4
Floors	13.5

In addition to proper insulation, Mr. Coffin recommends the use of double glazed, sealed windows and doors. These improvements will cut heat loss through the glass by about 50 per cent. Mr. Coffin says it is imperative to install proper weather stripping on doors. "A 1/4 inch crack along the bottom of a door is the same as a 2 by 4 inch hole in the living room wall."

OTHER ENERGY CONSERVATION MEASURES FOR THE HOME

Mr. Coffin says there are many ways in which energy consumption in the home could be reduced. "A number of small improvements, when added up, can lead to a significant energy cost saving." He says most of these items reflect common sense and will not affect our way of life to any degree, although they may involve some adjustment to our daily living habits. Following is a resume of some of



the items which will help the homeowner to conserve energy.

THE HEATING SYSTEM

- No matter what kind you have, check it periodically to see it is working properly.

- Clean dust-clogged filters every month or so and replace the disposable types before each heating season. A dirty filter restricts air passage through the furnace and increases both fan and furnace operating times and hence, energy consumption.

- Check lubricating instructions for the fan and motor; oil as required.

- Before each heating season, check and if needed, remove the fan unit and clean the fan blades; they can be covered with a dirt deposit which impairs their air-moving efficiency.

- Check and clean out the humidifier and replace plates if necessary. If you have a power humidifier, clean the drum and

tray and adjust the controls to the proper humidity for outside conditions. The humidifier can save fuel by controlling the relative humidity in the house; you will still feel comfortable at a lower temperature if the relative humidity level is between 20 and 30 per cent. The upper level will be dictated by the outside temperature and amount of insulation in place, since condensation will take place on such cold surfaces as window and walls if the outside temperature is very low, and the inside humidity too high.

- Check the vents and chimney to be sure they are clean and not blocked by snow build-up on top. Also, a dislodged vent section inside the house will permit the products of combustion to enter the living area instead of passing harmlessly to the outside.

- Make sure hot air room outlets are not restricted by furniture, carpets or drapes.

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Last of original Rocky's Mountaineers

by Marleen Macquoll

Mountains are not merely scenic. They must be conquered by foot, rope and courage.

That's always been the goal of mountaineers, but in 19th century Canada this philosophy was shared by the Canadian Pacific Railway.

Once the CPR had laced the

Rocky Mountains with shining steel to complete Canada's first transcontinental railway, the company turned to encouraging travellers to climb the splendid peaks on foot. The CPR reasoned that mountain-climbing would be good for business, both on the railway and in the railway's hotels.

Mountain-climbing, at the turn of the century, was not a Canadian pastime, and the CPR had to advertise abroad for both climbers and guides. Ernest Feuz Sr. and four other guides from a small village in Switzerland came west to lead the adventurous up the newly accessible Canadian Rockies.

Hikers and climbers are still eager to test their skill and courage in the Rockies and their enthusiasm for the slopes is rivalled only by the skiers who discovered the area somewhat later.

In 1911, the Swiss Village was built to house the guides at Golden, British Columbia, just west of the Great Divide separat-

ing British Columbia and Alberta.

Today, travellers on the Trans-Canada Highway can still see a line of Swiss-type chalets nestling into the mountain above the highway one mile west of the town. It's said the village was designed by a man who'd never been to Switzerland, but it looks authentic, and the three Feuz brothers who followed their father to Canada settled in comfortably enough.

Two of the originals

Edward and Walter Feuz are the last surviving members of the elite corps of mountaineers who opened the Rockies to climbers. These brothers, now 92 and 81, share memories of more than half a century of guiding including, in Edward's case, the experience of being buried alive in an avalanche.

The wealthy and famous were the first to climb the new Matterhorns. Lord Minto, governor-general of Canada, climbed the Selkirk range with Ernest Feuz Sr. in 1900. Even titled ladies climbed, with or without their husbands and relatives, and recorded their praise of his guiding in Edward Feuz' little red diary. Walter Feuz recalls some women climbers who climbed so fast "they had their heads in my rucksack".

In the early days of this century, the service of Swiss guides was provided free by the CPR if climbers stayed at the new Chateau Lake Louise (but the charge was only \$7 per day if they didn't).

Today's mountaineers may hire a qualified mountain guide for about \$75 a day.

Walter Feuz recalls that the hardest part of guiding in those early days was to lead climbers who thought they knew more about climbing than the guides.

"I was sometimes very harsh with my climbers," Edward agrees. "It's a guide's duty to see that things are done as they should be done. Five at most to a rope, and two is even better."

The climbing aids on trips of three weeks to a month consisted of a pair of hobnailed boots, a rope, and crampons or steel spikes attached to their boots to prevent sliding on ice.

The Feuz brothers scoff at the sophisticated mechanical devices of today's mountaineers.

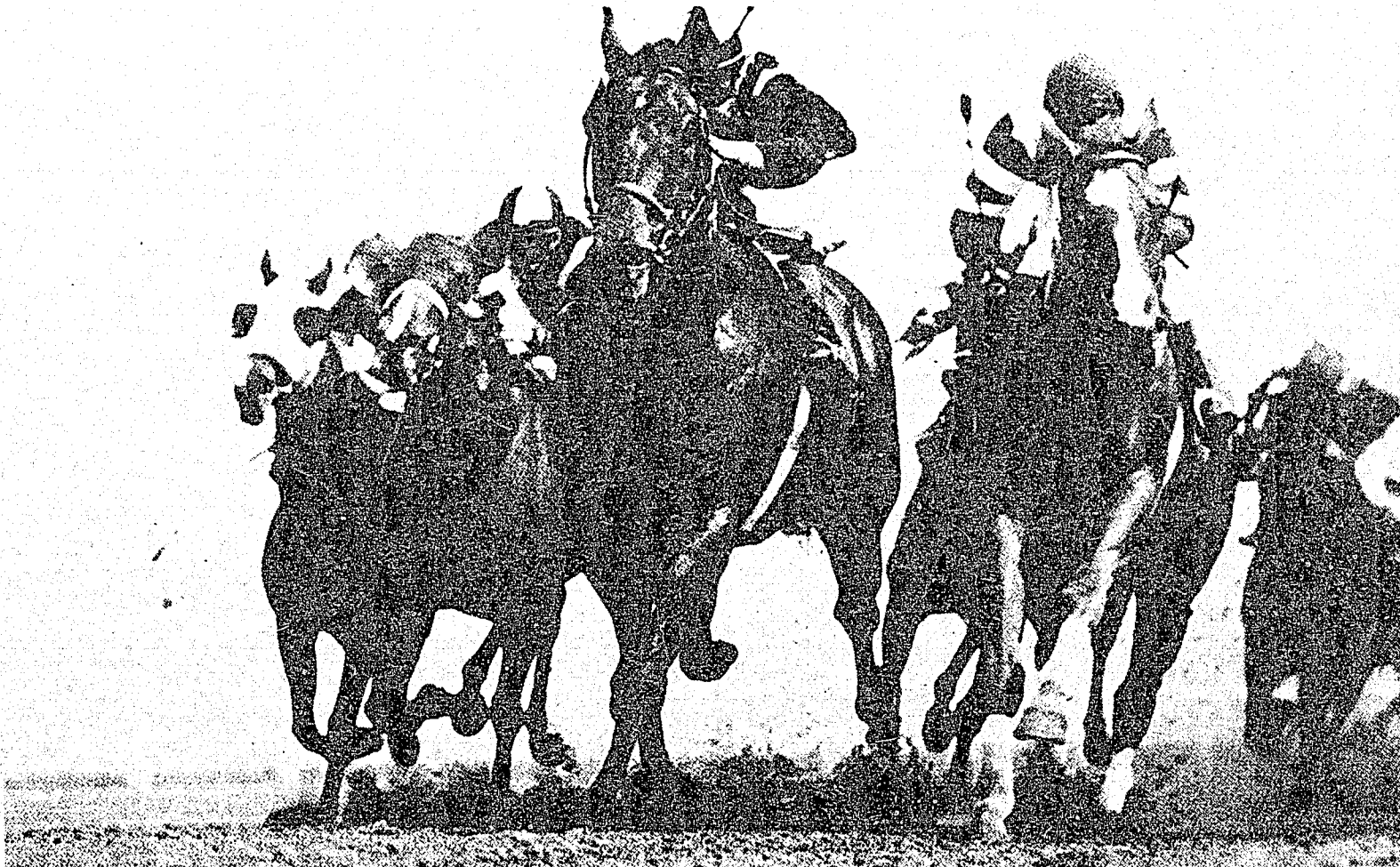
"We never bothered with them," Edward says. "Our system was to find the easiest routes up the mountain. We called it pleasure climbing."

"Now they use pitons (special mountaineers nails hammered into rock) and go the hardest way. They have so much equipment there is nothing but hanging stuff on their bodies."

"Today it's possible to fly from

(continued on page 17)

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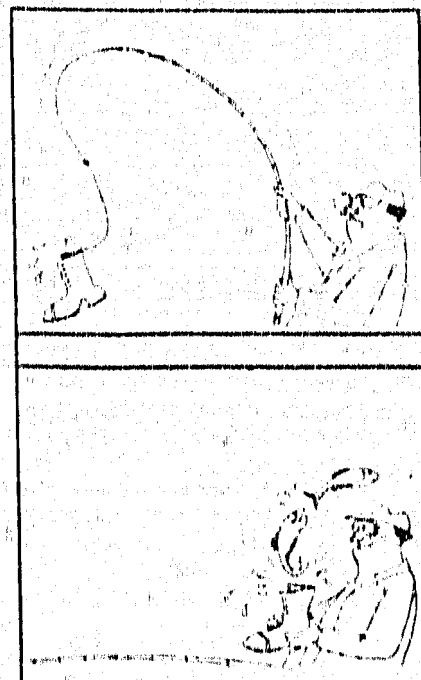
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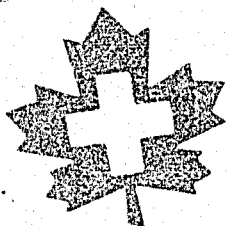
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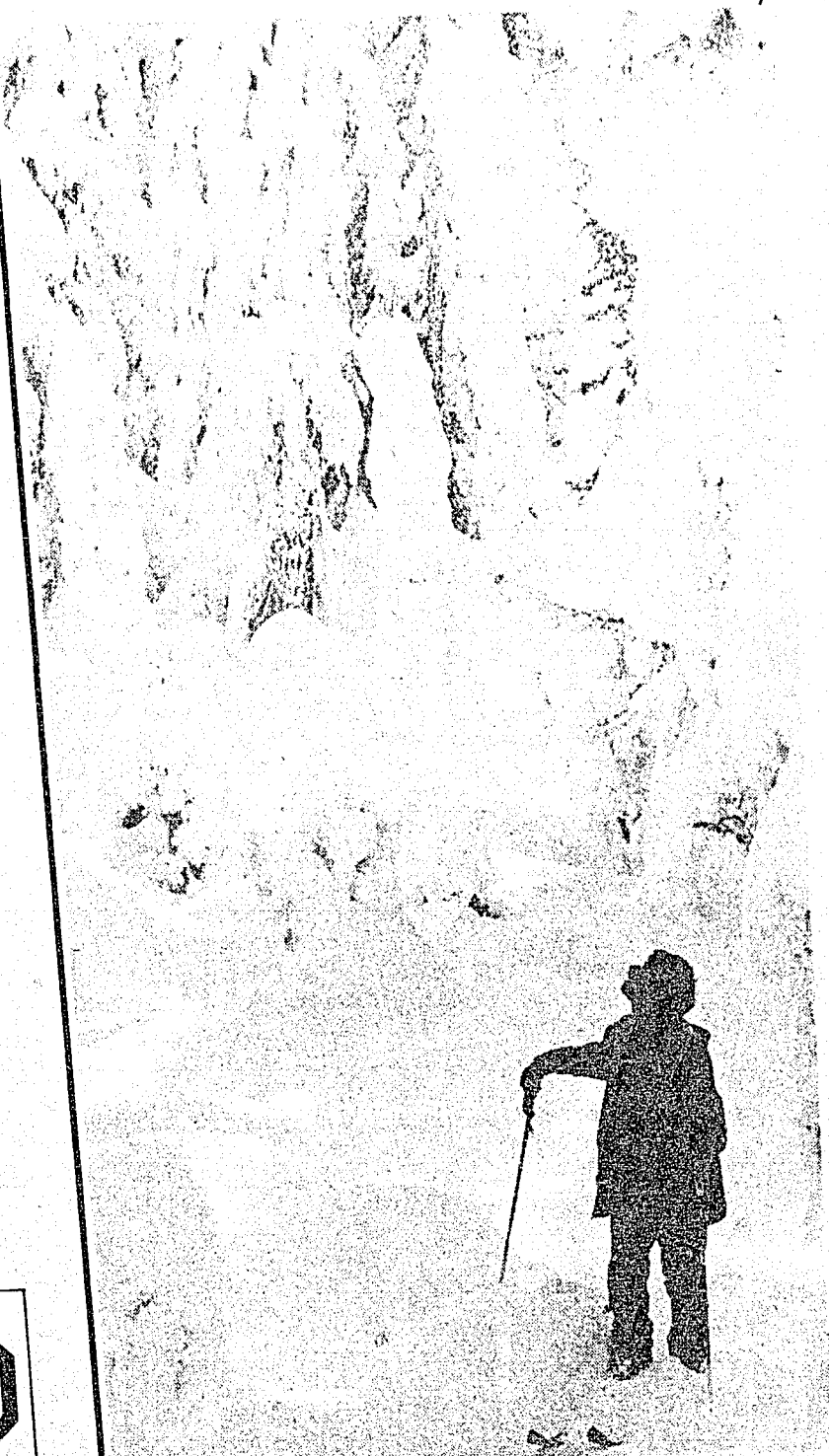
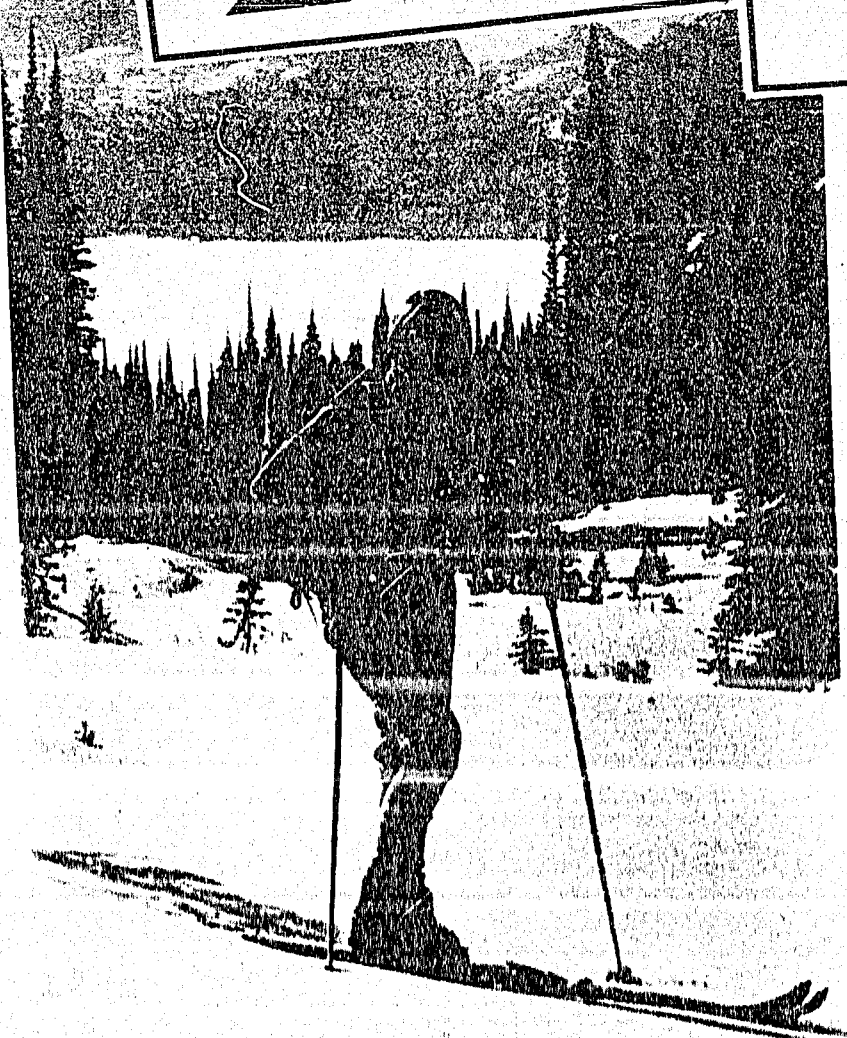
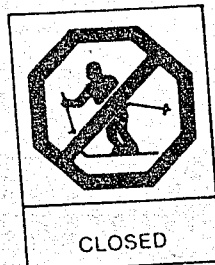
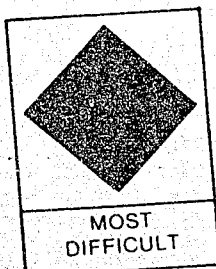
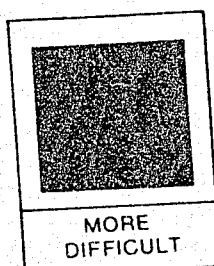
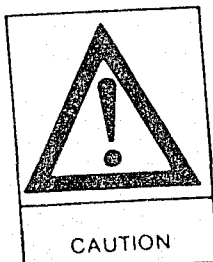
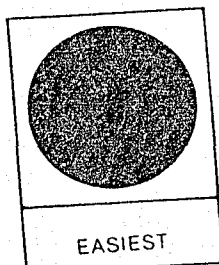


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Although the Patrolers will advise skiers on faulty adjustments or inadequate equipment they will not be available for on-the-spot adjustments to the skiers equipment. The skiers will be accurately informed as to the condition of their equipment and advised to take their bindings to a qualified ski shop for the necessary adjustments.

Watch for the Labatt's Ski Binding Clinics at ski areas near you or contact a member of the Canadian Ski Patrol System or Labatt Breweries of B.C. Ltd., 976 Richards St., Vancouver, V6B 3C1, (604) 669-5050 for a schedule.

More to come

The Labatt's Ski Binding Test Clinic is only one part of a multi-phased program designed to help you enjoy the sport of skiing. Besides these clinics, the Labatt's Safe Skiing Program will be bringing you publications on

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- Skiing Safety
- Binding Care
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- Importance of Lessons

Also, this multi-year program will offer Seminars and Workshops on Binding Care and Maintenance and Skiing Courtesy and Safety.

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Canadian
Ski Patrol System



Home to thousands of birds Netley Marsh watchers' mecca

by Tony Sloan

A yellow-headed blackbird and his red-winged cousin exchanged chucks on adjacent willows; a black-crowned night heron peered cautiously from the marsh grass beyond; a black tern hovered above a rich black boil of swimming baby bullheads; and in the distant background, two giant white pelicans winged their way majestically above the sea green marsh . . . click . . . five species of birds in one picture. Not bad, even for Netley Marsh at the southern end of Lake Winnipeg in Manitoba.

Explorers, missionaries and pioneers marvelled at the remarkable bird life that inhabited the far-flung marshes abutting the huge inland seas (Lakes Winnipeg and Manitoba) to the north and west of the Red River. Today, wheatfields have replaced the prairie grass and a large city is just beyond the horizon, but the briny green marsh grass, bullrushes, water horsetail and towering cane grass wave on and one for more than 100 square miles in the Netley marsh alone, and have changed little since first seen by the fur trading voyageurs.



MANITOBA'S EXTENSIVE MARSHES are a bird watcher's paradise. The alert bittern is ready to defend her eggs against marauders.

The marsh is best toured by canoe, but a persistent north wind kept blowing in from the 180-mile sweep of Lake Winnipeg and we were declared windbound for the day. The alternative at Chelsey Lodge is a walk along four miles of dike road skirting the edge of the marsh with packed lunch and an ample supply of camera film.

The narrow channels paralleling the road are training waters for July broods of young ducklings and they are observed swimming furiously behind fussing hens leading them to cover. One mother mallard fixed me with an anxious eye while ignoring a muskrat with a mouthful of bullrush swimming by within a few feet of her youngsters.

Several paces onward and the tall shoreline vegetation fairly explodes with the thrashing of powerful wings as a great blue heron lifts off carrying a good-sized silvery fish in its stiletto beak. Simultaneously, three fast-flying teal pass overhead, while a lone shoveler criss-crosses towards the north.

Common terns wheeze and dive for minnows as huge carp browse lazily in the warm shallows. Black globs of tiny bullheads, numbering in the thousands, swim in a tight seething mass obscuring the mother moving slowly along the bottom.

Beyond, a family of elegant western grebes parade out of camera range, in open water, with two little ones hitching rides on the parents' backs.

The concerned tootling of a coot causes a young duckling to submerge among the aquatic plants within a few yards of me. He is right there with only his beak showing above water, but he remains invisible to my scanning eye.

There's that hint of reverence in Ches Schofield's voice when he talks about Netley Marsh. He has hunted, guided and explored the Marsh for 40 years and he leaves little doubt, as our canoe moved quietly along the grassed-in waterway the following morning, that the vast teeming marshland is still very much a fascinating place to be.

It's past 9 a.m. and Ches says we have missed the dawn feeding

period between 4 and 6 a.m. "That's when all birds are out in the open water and the sound is unbelievable. They have young now and will be hiding in the grass and weeds so we'll have to look for them."

A low chorus of alarm and rallying calls emanates from the high grass as we approach scurrying young broods with the female enacting the broken wing routine to draw us away.

A flight of four white pelicans closed near enough to offer a thrilling contrast of startling white on blue sky before peeling off to settle down a short distance away. We later had one of the giant birds swim within 30 feet of the canoe where it lifted off on cue when flushed for the action shot.

A family of western grebes, known locally as hell-divers, kept a discreet distance. The trick, Ches explained, was to sit quietly for a time and rely on their curiosity to make them come to you.

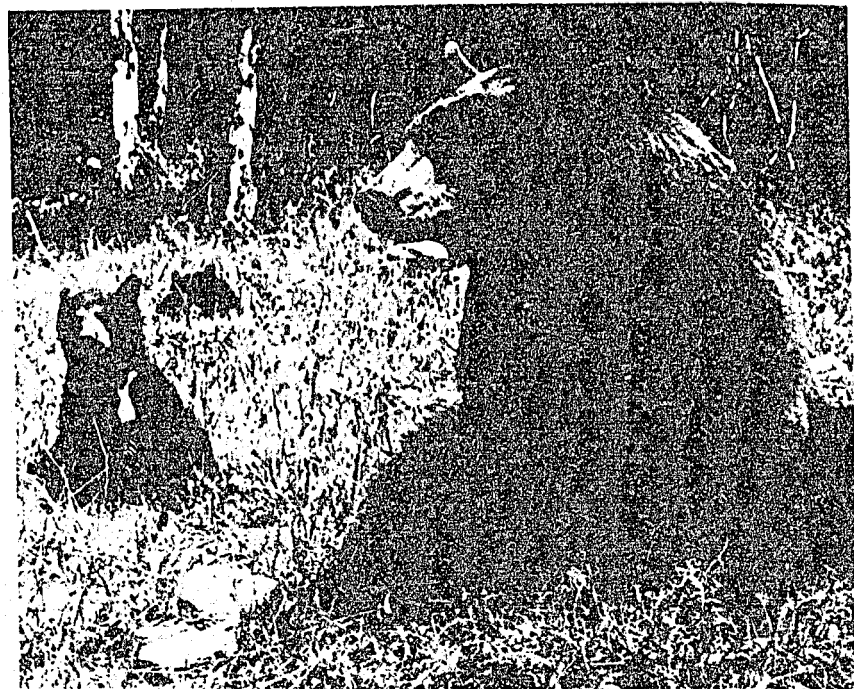
We set out to get a close-up action shot of a blue heron. This involves pre-focusing your telephoto lens (200 mm minimum) to a guessed distance and hoping for the best. Not once but twice we surprised and flushed a great blue within a dozen yards of the canoe, and well under my focused range.

Activity in the marshes varies with the time of the tour but a general guideline would be the spring migration flights in late April and May when the transient migrants swell the bird population to the maximum number of species.

Later, in May and through June, nesting activity is at its peak, particularly among ducks. July is the time to observe birds with young broods, while the first few weeks of August is molting time, resulting in a decline in activity. There are from 100 to 130 species of birds to be seen throughout the season in the Manitoba marshes.

The last weeks in August see the appearance of the season's newly fledged young and with the arrival of the northern migrants in September, the marsh population is at its peak.

"When the cane grass begins to



THE BLACK BEAR is one of the wild animals humans find most appealing. They should however be treated with respect and not approached too closely.

Black bear people favorite model for child's 'Teddy'

Lillooet, a small town on the Fraser River, is synonymous with "Ma Murray," the former fiery editor of the Lillooet Free Press, and jade. Very few people would link the area with the killing of 700 Black Bear to make 3,000 shakos, a military hat, for the coronation of Queen Elizabeth in 1953. Fortunately for Black Bears, coronations do not happen too often and the life of a shako is about 40 years!

The Black Bear, which comes in various colour phases, brown, dark brown, cinnamon, blue-black and white, is one of our best known mammals. Because of people's foolishness in offering them food, they can become a nuisance at campsites, and must often be moved away or destroyed.

turn yellow in the early fall," says Ches Schofield, "that's my favorite time of year."

The Netley Marsh six-day tour, including two nights accommodation in Winnipeg and four nights at Chelsey Lodge, is part of the comprehensive Manitour program.

Information and booking instructions can be obtained from Manitoba Government Travel, 200 Vaughan Street, Winnipeg, Manitoba.

There is something endearing about this animal, probably stemming from the fact that in 1902 President Theodore Roosevelt was on a hunting trip and the party captured a small cub. Some members suggested it be killed, but the president refused and kept it as a pet. This was the original model for the now famous children's "Teddy bear". More than 30 million of the furry toys were sold in the United States alone.

Widely distributed throughout North America, Black Bears prefer wooded areas containing a mixture of coniferous and deciduous trees, with an abundance of vegetation producing berries, nuts, grass, roots, and herbs. Stream areas with spawning salmon are perfect "bear country". Bears are omnivorous. They will eat anything that comes their way, including carrion (the "riper" the better) and insects. Wild honey in a tree is a first-class treat.

For most of the year a male Black Bear is a solitary creature, living alone on a well-defined range of about 15 square miles. In the late spring he seeks out one or two females. The cubs, usually one or two in number, are born in January or February while the female is still in her winter den. At birth the cubs are between six to eight inches long and weigh about half a pound. This is only one two-hundredth of the mother's weight. They grow rapidly and are quite active by the time they leave the den with their mother in the spring.

It has been estimated that in primitive times the North American population of the Black Bear was around 500,000. Today it is about half that number. They have few predators to worry about, although cougars have been known to attack and kill; and wolves occasionally attack them. Man is left as the bear's greatest enemy. He not only kills the animals for so-called "sport" but has also made substantial reductions in their range in some areas by resource development and by clearing land for farming purposes.

The attitude of man towards bears has always been one of caution and respect. To the Indians, the bear played an important role in ceremonies and dances. Different Indian tribes had their own beliefs in the powers of the "bear spirit", which in some instances was an important part of their religion.

Both Grizzly and Black Bear were honoured, but the Black Bear, being a smaller animal, was known as "Little Brother."

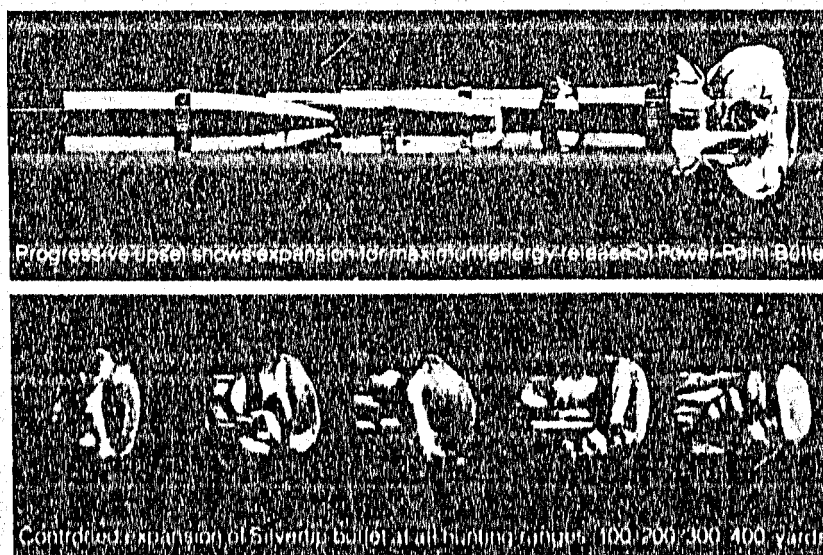
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Rain forest deep in interior boasts mighty stand of cedars

by John G. Woods
Chief Park Naturalist

Lurking within the deep, moist valleys of our mountains are aged trees of gigantic proportions: the old-growth cedars of the Columbias.

Although the huge forests of coastal British Columbia are known to many people, few realize that a similar rain forest grows in the interior of the province. This rain forest occupies the valley bottoms of the Columbia Mountains and is well represented in both Mount Revelstoke and Glacier National Parks.

How is it that a rain forest can live hundreds of kilometres east of the Pacific Ocean? The answer

lies in our climate. We are in an area which features heavy precipitation and moderate temperatures — very similar to the climate of coastal B.C. and dissimilar from the generally arid regions of extreme temperatures found elsewhere in the interior. With this in mind it is not surprising that our plant and animal life more closely parallels that found on the coast than the communities found in nearby interior areas.

Biologists and foresters know our rain forest area as either the Columbia Forest or the Interior Western Hemlock Biogeoclimatic Zone. This distinctive zone is characterized by its climate, its geographical position, and by the

presence of certain plants and animals such as Western Hemlock, Western Red Cedar, Englemann Spruce, Western White Pine, Western Yew, Devil's Club, Skunk Cabbage, Chestnut-backed Chickadees and Steller's Jays. Anyone who has naturalized on the coast will note many old friends in this list.

My favourite areas within the Columbia Forest are the ancient stands of huge cedars which are found on moist, deep-soiled sites which have not been disturbed for many years. In Mount Revelstoke National Park the Maunder Creek Trail boasts a magnificent stand of cedar, spruce and hem-

(continued on page 11)



BIG CEDARS FLOURISH in the rain forests of Revelstoke National Park. This giant measures 6.4 m [21 feet] in circumference.

- photo by John Woods

Heritage Canada helps preserve our past

In the course of assuming that we had no history, Canadians almost lost it — not the history of dates and political events, but the living crust of buildings, artifacts, and man-made landscape scattered thinly over this vast country.

Until the last decade, many Canadians paid attention to this distinctive accumulation only when it got in the way. We were too anxious to escape the crude discomfort of our past for the style, colors, and temperatures of modern life. Long after older and more developed countries had second thoughts about clearing away a valued past, Canadians continued to fill their houses with chrome and empty their cities of character.

It was almost too late when we realized that, even as we lamented our lack of national identity, we had been doing our best to destroy it. In Centennial year, 1967, we focused our attention on what was happening; what we saw both disturbed and entranced us. We were appalled by the destruction that had already occurred; we could hardly recognize ourselves reflected in the glass walls of new buildings that looked the same in Halifax or Vancouver. But, at the same time, we were also fascinated by glimpses of a past that we had never had the time, money, or wisdom to enjoy.

We began to study ourselves in histories of all kinds: academic books, popular magazines, tapes, and films. We ransacked antique stores and filled our homes with stained glass and stripped pine. Finally we discovered that the past still lies dormant within our cities and towns, often cocooned in mildew, neon tubing, and aluminum siding. Slowly we're learning how to bring it out, with colors and patterns intact, as alive as butterflies on concrete.

Heritage Canada is at the centre of that discovery, although many Canadians have never heard of it. A comfortable, unremarkable 1887 house hidden between apartment blocks in central Ottawa serves as headquarters. The house is an anomaly, which is also what Heritage Canada appears to be amid Ottawa's interlocking structure of government departments, crown corporations, and regulatory agencies.

The organization was started by the federal government in 1973, but officially has no connection with it. There are only 19,000 members, whose membership fees don't even cover the cost of servicing them with publications. And there's a staff of only 19.

Most astonishing of all, this tight little group was created and is directed by a retired Ottawa mandarin who was once second-in-command of one of the best-known misunderstandings in the history of the federal bureaucracy — Information Canada.

Dickensian bureaucrat

When he was deputy director-general of Information Canada, Bob Phillips was widely known as the only senior official in the capital whose office appeared to have been designed and furnished by Charles Dickens. If the medium were the message, Phillips' office stated that he felt more at home in the 19th century than in the McLuhanesque world of modern communications. Now he can happily spend most of his time back there, surrounded by rickety rocking chairs and a collection of framed inspirational samplers in a dark study at the rear of the old house at 275 MacLaren Street.

Lean, with dark hair, he looks more like a young dean of liberal arts than someone who has a 35-year civil-service pension. The whole house has a pleasantly academic air that is just as deceptive as Phillips' loafers and loose sweaters. But only an experienced veteran of Ottawa's bureaucracy could have persuaded the other members of the old-boy network to sidestep the time-consuming legislative process of

stronger legislation to protect heritage buildings. Governments have been slow to accept the idea that the heritage value of a property belongs to the whole community.

Legislative support

In 1972, Quebec adopted the most comprehensive heritage legislation. Since then, new legislation has been passed in Alberta, Saskatchewan, and Ontario. In most other provinces, improved heritage laws are being considered or existing laws activated to provide the three "pillars" of heritage legislation: listing of heritage properties, protection, and financial aid.

The federal government passed its own Historic Sites and Monuments Act in 1953, but only 700 properties have been brought under the law's protection since then and only 80 have been acquired by the government. According to a computerized list started by the Canadian Inventory of Historic Buildings in 1970 — a list that will eventually include everything built before 1880 in eastern Canada and before 1914 in the West — there may be as many as 250,000 heritage structures in Canada.

The third objective that Heritage Canada set for itself in 1973 was to acquire some of these properties, but not as isolated monuments or museums. By the seventies, local heritage groups had discovered that it often did little good to save a fine old house or public building if everything around it disappeared. Restorations such as Le Vieux Montreal, Vancouver's Gastown, and Halifax's downtown waterfront had shown that it was more effective to conserve whole areas by enabling governments and private enterprise to recycle old buildings.

The first conservation project encompassing a whole area that attracted Heritage Canada was in the community of St. Andrews, N.B. The initiative came from a local group, as is always the case in programs of Heritage Canada. In this case, the St. Andrews Civic Trust suggested in 1974 that Heritage Canada purchase two derelict houses in this loyalist district on the Bay of Fundy.

Two displaced houses

Both buildings, the Pagan-O'Neill House and the Gladstone-Smith Saltbox, had been built in Maine in the 1780's by loyalists who believed that they had travelled far enough north to be on the British side of the new American border. When they discovered their mistake, they dismantled the houses and shipped them by barge to St. Andrews.

Each house was purchased for \$25,000 by Heritage Canada. The Pagan-O'Neill House has now been restored at a cost of \$100,000 and converted into two modern apartments leased at rents that are competitive locally. Rehabilitation of the other house will begin this year.

Heritage Canada hopes



eventually to sell these houses and invest the money in new properties. But it will do that only after New Brunswick passes covenant legislation, which protects the heritage character of such houses forever. New Brunswick is among the provinces that are close to adopting it. Covenant legislation is essential to Heritage Canada's central idea: a revolving fund for continual investment in derelict or threatened heritage properties that are later restored and sold to private buyers.

A start in Edmonton

In western Canada, turn-of-the-century communities such as Edmonton's Strathcona district, once the most northern point in

the Canadian railway system, are a living if dilapidated record of the beginnings of white settlement. Until a few years ago, they were generally considered to be ripe for demolition and high-rise development. But everything happens quickly in the West, particularly in Alberta. Strathcona, with a million-dollar commitment by the Alberta government, support from the oil wealth of the Devonian Foundation, substantial contributions from the city of Edmonton, and \$500,000 from Heritage Canada, is now one of the most heavily funded conservation areas in the country.

Here, Heritage Canada has purchased five houses on 104th Street and another on Saskatchewan Drive. Only the last one, built in 1910, has any claims to being a heritage home, but all the purchases were necessary to prevent high-rise development and preserve the character of the whole district. As in New Brunswick, the houses will probably be sold as soon as Alberta passes covenant legislation.

Like Edmonton's Strathcona, the Winnipeg district now known as the Historic Warehouse Area was, until a few years ago, a derelict neighborhood of cheap hotels and empty industrial lofts only a short stagger from the

(continued on page 22)



starting another government agency and create Heritage Canada almost with the stroke of a pen, endow it with an annual revenue of a million dollars, and permit it to make its own way.

At the start, in 1973, Phillips also had a clear sense of direction for Heritage Canada. As a collector of antiques and pioneer log buildings and, as a member of local heritage groups in Ottawa, he was convinced, as he wrote then, that "heritage conservation in Canada is an idea whose time has come."

The first objective was to create a national community of concerned conservationists. Today its members represent 120 local organizations that use Heritage Canada as a central source of information, expertise, and practical support.

Heritage Canada's second objective was to bring about

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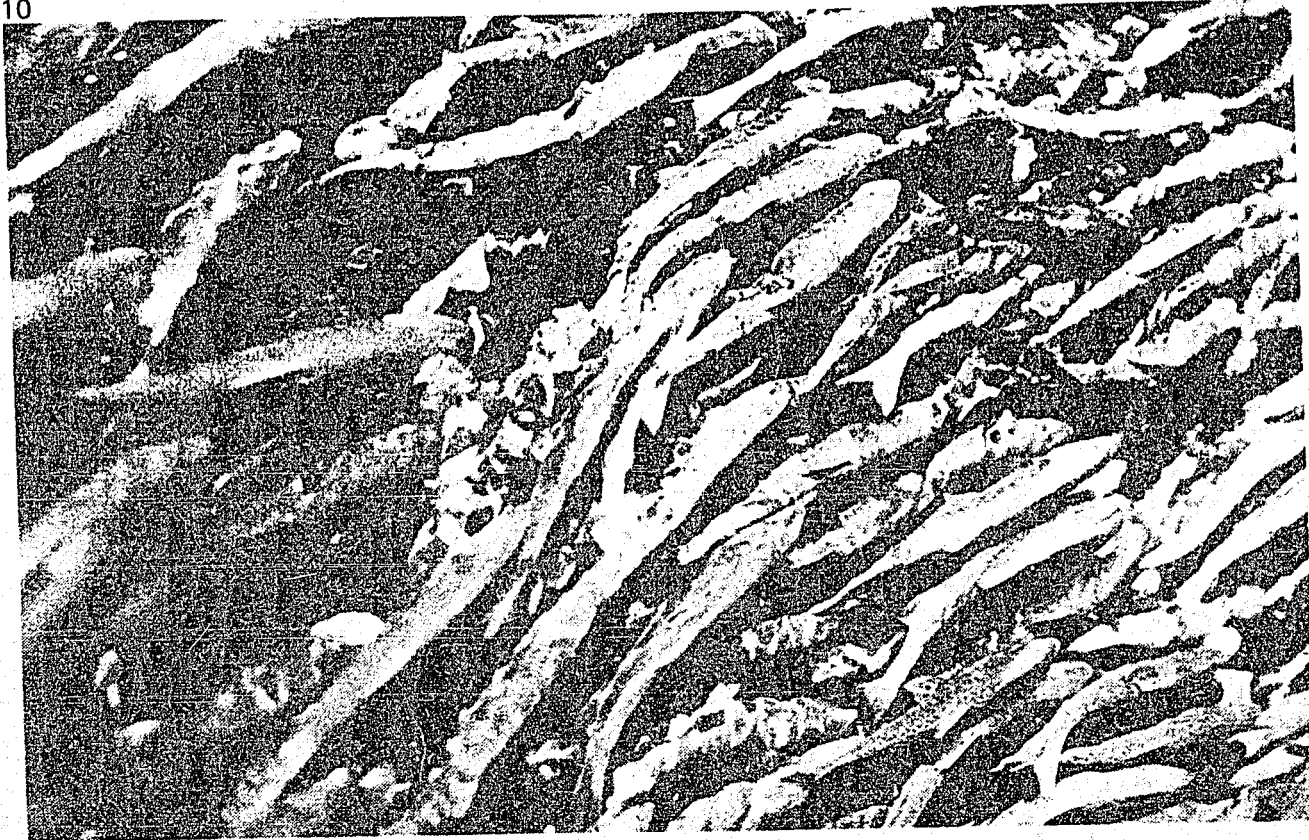
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SPAWNING KOKANEE SALMON create a brilliant picture because of their bright red colour when they return to their spawning grounds. Their migration can be viewed from two vantage points within the Summit Creek campgrounds near Dewdney.

Spawning time for Kokanee fascinating spectacle

The spawning period begins in late Summer and will last for several weeks. The eggs remain in the gravel of the creek bottom until early spring, when the fry emerge from the gravel and move downstream to Kootenay Lake.

Kokanee are bright silver with dark green backs. They are found in Kootenay Lake in abundance. At four years of age they migrate "home" to the streams where they were hatched, to spawn. On entering the streams, they turn bright red on the sides and back. Shortly after spawning, the adult fish die, as they are actually a land locked species of Pacific salmon, the sockeye.

There are several races of kokanee; the ones which spawn in Summit Creek inhabit the South Arm of Kootenay Lake, and reach 8 to 10 inches in size.

The return of these landlocked sockeye salmon to the creek each year is an event highly significant to many people, for it is proof that the fish population is doing its part to maintain itself. Many people, including biologists, will be watching with special interest over the next few years, to see if the increased silt in Summit Creek will reduce kokanee numbers. The installation of a gas transmission line upstream of the spawning areas in 1975 caused heavy silt in the water. Silt can suffocate the fish eggs in the gravel and reduce or eliminate a whole year's hatch.

These bright red fish can be seen in Summit Creek where it passes through Summit Creek Campground and Recreation Area. A log bridge on the main road through the Campground is one place to watch the fish. Another good place is the suspension bridge in the picnic area, leading to the Dewdney Trail.

Picnickers, hikers and other pedestrians are welcome to use Summit Creek Recreation Area. The overnight camping services are closed, but a pit toilet, fireplaces and picnic tables are provided.

Where to go cross-country skiing

Cross-country skiing is Canada-wide but where, exactly, are the resorts that cater exclusively to the kick and gliders for a ski-week holiday.

Such a Nordic resort should have an extensive and interesting trail layout, a central lodge with a convivial atmosphere for fire-side chats, good food and a well equipped ski shop with a resident instructor.

The 108 Ranch in British Columbia's Cariboo country is a 26,000-acre scene with all the comforts of home for cross-country skiers. Accessible via Pacific Western Airlines to Williams Lake, the 62-room lodge is the operational hub of a trail network that traverses lakes, meadows and evergreen forests. Check out P.W.A. Ski Bird fares for a low cost first class ski package holiday.

Banff, Lake Louise and Jasper, Alberta feature cross-country skiing options among the lofty peaks of the Canadian Rockies. Chateau Lake Louise and Banff Springs Hotel are known particularly for their special efforts when hosting alpine trail skiers. Check out Air Canada's Skifari Program for cross-country options.

Saskatchewan skiers range from Prince Albert National Park near Saskatoon to wilderness weekends at Little Bear Lake at mile 62 along the Hanson Lake Road. Ken Lowen is the outfitter and can be reached at Box 38, Prince Albert, Saskatchewan.

The Elk Horn Ranch in Riding Mountain National Park is a convivial winter retreat for Manitoba skiers. A year-round licensed resort, the Elk Horn occupies an area of forested escarpment near Wasagamung, 165 miles west of Winnipeg and offers exciting terrain to the cross-country skier.

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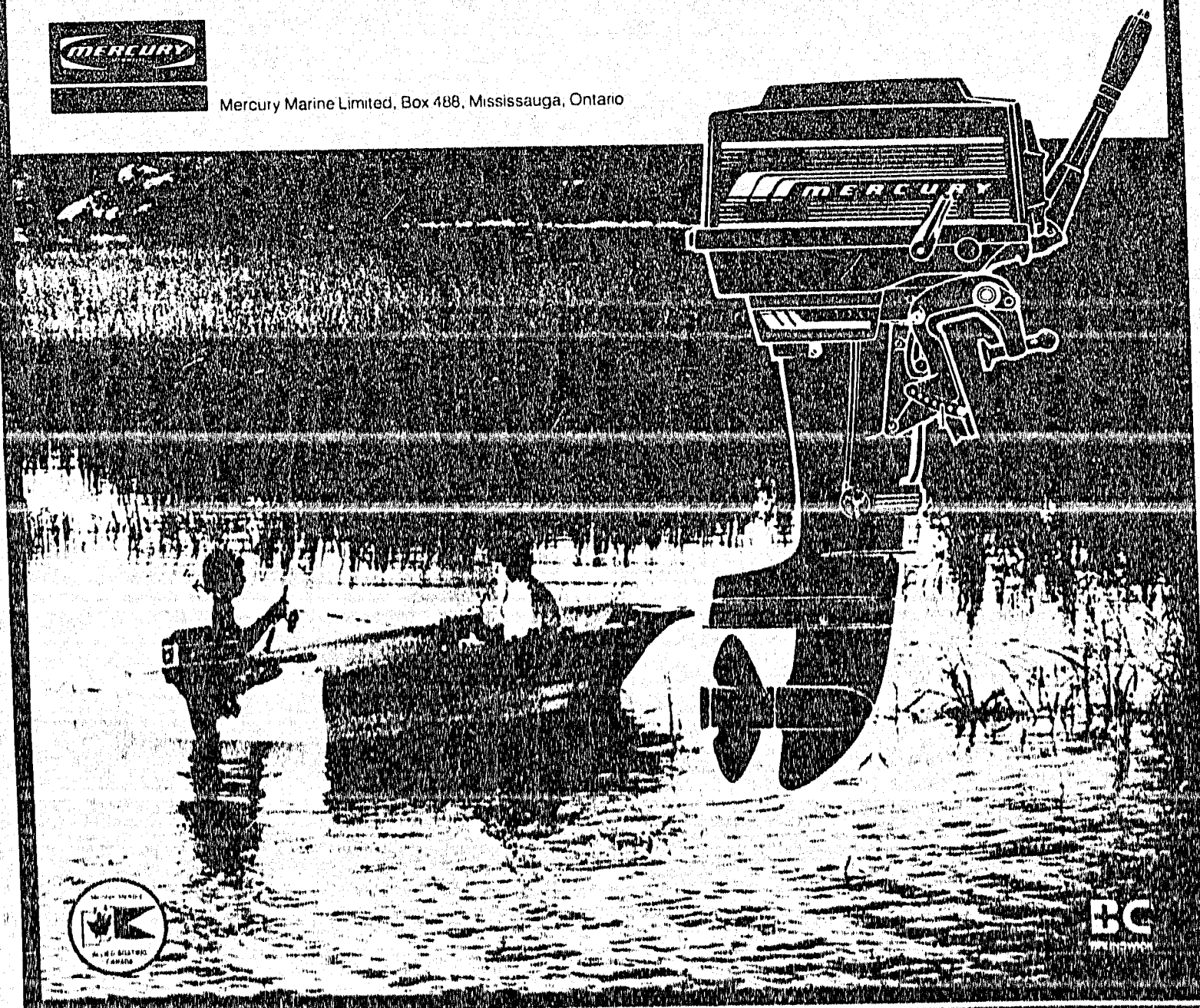
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Swamp dwellers build unique dugout

by Charles A. Jones

Nobody knows exactly when or why people settled on Cruso's Island in North Carolina's Green Swamp, but they've been there for a long time.

Of French ancestry, these Cruso islanders live by the edge of the Waccamaw River which runs through the swamp and vast stands of cypress and tupelo gum. The land has changed hands from large landowners to larger paper companies, and so has remained relatively undisturbed. The islanders have changed little too: they retain many traditions and crafts. Above all, they're still skilled artisans in working with cypress and gum, forming small hand-carved canoes as sleek as racing hulls.

The canoes probably originated with the Indians of the area. To this day, the Seminoles use a similar, though larger craft to pole through the sawgrass

snags which would stop even the smallest conventional boat. Because of the low sides (four inches of freeboard is average) and the absence of a keel, the canoe is paddled with one hand. A conventional canoeing stroke would dip a gunwale and leave the paddler swimming.

Using dugouts all his life

Islander Joseph Clewis has paddled dugouts in the swamp near Cruso all his life. He cut cypress and gum in the swamp and learned to make many things; he carved the benches he sits on and the tray on which his wife rolls bread dough. His house is shingled in red cypress. Joseph has worked off the island for short periods of time but has always returned home to hunt and fish. The swamp provides most of his necessities; he keeps fresh fish in a cypress holding tank, a garden produces vegetables in the spring and summer. Venison and duck are plentiful in the

fallen cypress and paddle back in the roughed-out hull of a canoe in a single day. Only solid logs are selected, for the bow and stern cannot be made to conform to the curve of a naturally hollow tree. Joseph splits the log with an axe, wedges and a sledge hammer. Once the log is halved, he shapes the outer hull using an axe.

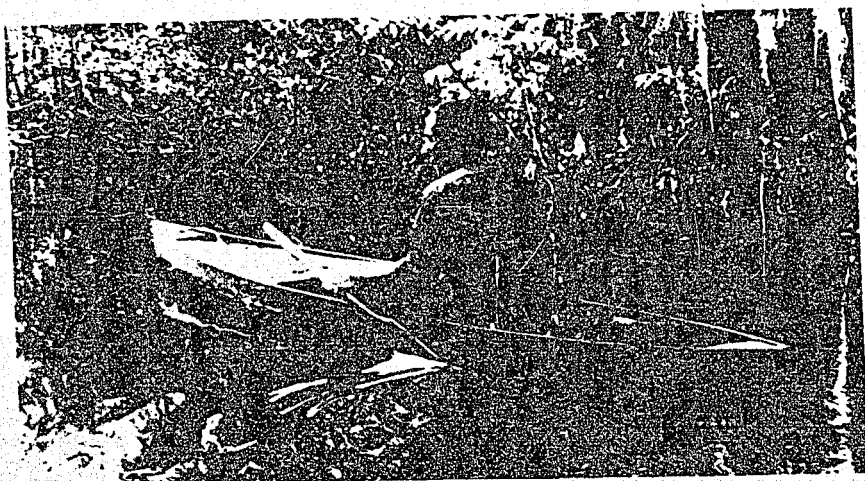
Works by instinct

Joseph uses no ruler nor tape measure as he works. Instinctively, he measures with his hands, thumb to thumb, over the emerging form of the boat. Once the rough shape of the hull is completed, the inside is hollowed with an adze. Here one miscalculation, one bad cut, can split a gunwale or cut through the hull. With one hand on the interior and one on the exterior, Joseph estimates the thickness of the wood. He continues cutting until the entire hull is less than an inch thick. The boat is then hand-sanded and capped, bow and stern, with a curved cypress plank. The finished product is as symmetrical as if it were made by a machine.

"It ain't easy to paddle," says Joseph, surveying one of his log boats. "It will wobble, but once you learn, it will ride plumb and true and you can paddle it from here to the Halfway Gum and back in one morning. It will carry you and a buck deer anywhere in the swamp in high water, and most places in dead low.

"In a rainstorm you can lean a log boat upside down in the fork of a tree and it'll make you the nicest tent you could ask for. And that cypress, it will last. I have seen a cypress roof with water grooves worn in the shingles and they didn't leak at all. You can paddle that canoe, and your children can, or when you die, they can bury you in it."

Life for Joseph and the people of Cruso Island is simple and unhurried. They take what they need from their surroundings and waste little. They have adapted to the mysterious wildness of the swamp and now consider it a place of safety and comfort. The log canoes have always been a part of this Cruso Island life, an indispensable means of skimming through the swamp quickly, silently, efficiently. If the islanders have their way, chances are the log boats of Cruso Island will be around for a while longer.



A RESIDENT OF CRUSO ISLAND paddles through the backwaters of the swamp. The delicate balance of the canoe makes it necessary to paddle in long, gliding strokes with one hand. Yet the canoe can carry heavy loads long distances.

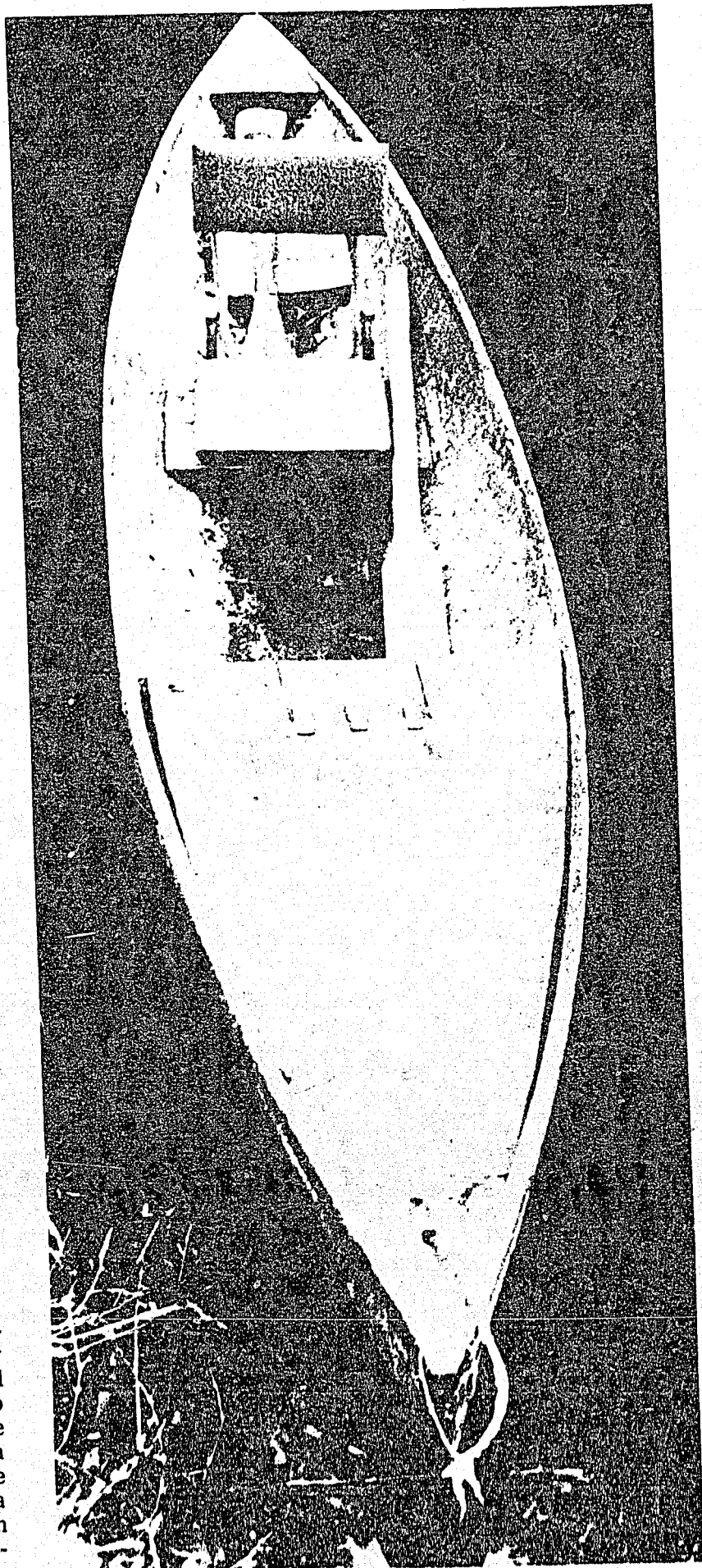
shallows of Florida's Everglades. It is an odd coincidence that the Acadians who settled Louisiana also adapted the Indian dugout to their use in the form of the pirogue.

The Green Swamp's twisting backwater channels and miles of shallow standing water have dictated the shape of the boat. In periods of drought, even the major channels in the swamp are difficult to navigate. Consequently, the canoes rarely exceed 10 feet in length, are surprisingly light and can glide through tangles of fallen trees and river

winter. A neighbor raises bees, and they dry the honey to a crusty brown sugar.

When he needs money, Joseph sets traps for bobcats and raccoons and sells the pelts. If he has the inclination, he will make furniture or cypress shakes or carve a canoe for a friend.

Joseph has been making log canoes ("digging log boats" in local slang) for as long as he remembers. A cypress can grow to be a massive tree; splitting a log and carving a canoe with hand tools is a backbreaking task. Joseph reminisces when he was younger he could wade into the swamp with his tools, locate a



A CRUSO ISLAND CANOE in the still waters of Green Swamp. Carved entirely by hand from the trunk of a solid cypress tree, the canoe's sides taper to a thickness of one inch. This makes the log boats lightweight and easily carried over land at low water.

MORE ABOUT . . .

Rain forest

(continued from page 9)

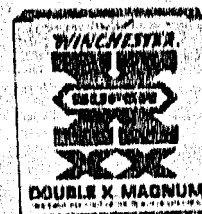
lock which have attained incredible proportions. On a recent hike to Maunder Creek we found one cedar which measured 2.8 metres (9.2 feet) in diameter at chest height. Five adults with outstretched arms would be needed to encircle this colossus!

Another good spot in Mount Revelstoke to see giant cedars is in the forests north and west of Lauretta Picnic Area. A careful look along the Illecillewaet River in the picnic area will reveal a cedar stump that measures 3.7 metres (12 feet) across!

In Glacier National Park the Beaver River Trail will give you an inside look at the old growth cedar along the river.

These stands of Western Red Cedar are places which command both our wonder and respect. The human life span comes into a new perspective when you are shadowed by a tree which was already 200 years old when British Columbia joined Confederation. And, tree trunks of two to three metres in diameter can make you feel like an insignificant dwarf in this land of the giants.

Choosing the right shell is as easy as 1-2-3.



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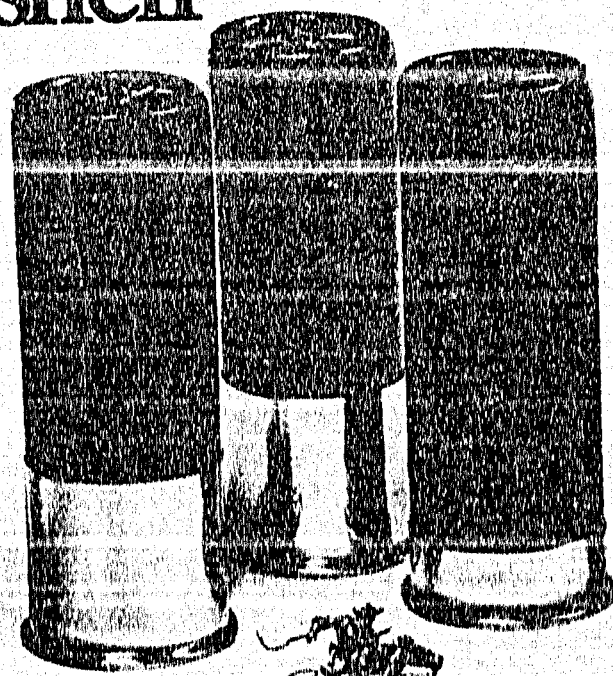
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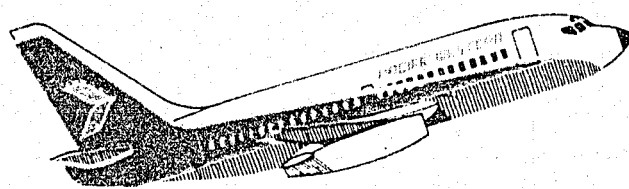
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the energetic, spontaneous lifestyle of people in the West and each offers a unique, imaginative way for the airline's customers to explore their region.

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cargo operations are a primary example of the airline's willingness to accommodate the particular requests of each individual customer.

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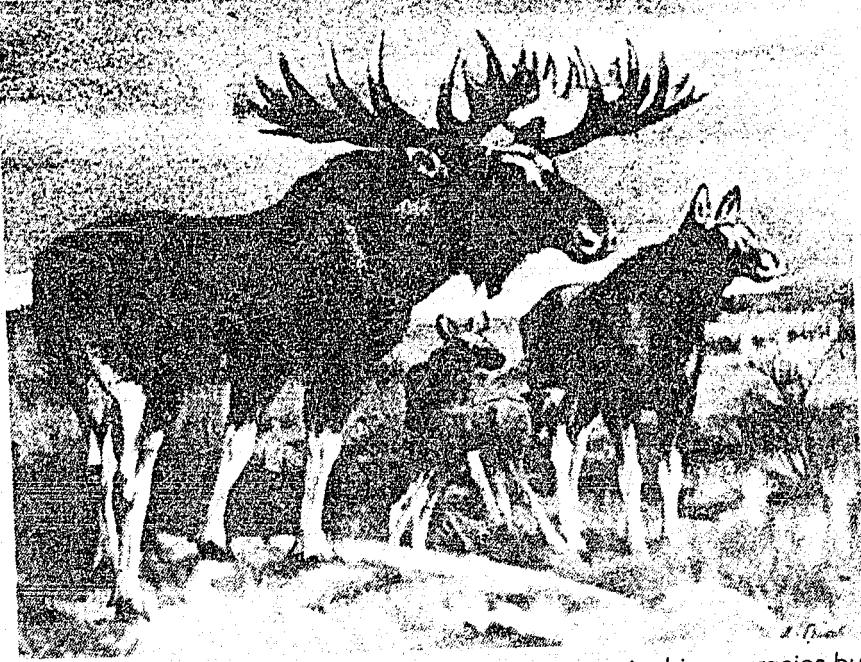
The volume and versatility of Pacific Western's bellyloading system meet the diverse demands of shippers in Western Canada. Because of increases in

belly cargo volume in recent years, the airline has refined its service to cater more specifically to the individual requirements of its customers. Pacific Western's bellyloading system now provides three levels of air cargo transport: regular, priority, and guaranteed air cargo. Each level satisfies a different shipping demand — regular air cargo handles routine freight, priority air cargo delivers rush items more quickly, and guaranteed air

cargo permits the shipper to specify the particular flight for the fastest possible pick-up.

Although Pacific Western operates passenger charter services and Hercules bulk cargo charter flights around the world, its primary interest and responsibility remains in serving the people of Western Canada. It is this concern which has guided and dictated the airline's operations in the past and will continue to do so in the future.

Super sleuth seeks super recipe with industry, intrigue and ingenuity



EUROPEAN PAINTING OF MOOSE contains anatomical inaccuracies but indicates fascination this animal holds for Europeans.

Well adapted to wilds moose represents Canada

In Europe a few years ago I was asked to settle an argument between two English-language students regarding the plural of moose. "Moosees" and "meeces" were both suggested as possibilities. It took me a minute, myself, to remember that moose was one of those words that are the same in the singular and plural.

This interest in moose is typical of Europeans who are likely to regard the moose and the bison as the most characteristic Canadian animals rather than the rat-like beaver which we have chosen as our national symbol.

Members of the moose family are known in Europe as elk, but only the North American animal has the size and peculiarly awkward, yet noble profile that distinguishes the moose from all other deer.

The moose are the largest of the deer family. While the moose found in the Canadian Rockies are the smallest of the four North American varieties an adult bull moose stands higher than the tallest saddle horse and may weigh as much as 1,800 pounds.

Distinguishing characteristics

The distinctive hump which helps identify the moose is the result of a combination of high

shoulder blades and a series of backbone spines in the neck and shoulder region. The hind quarters are slim and set lower than the front quarters. A short heavy neck supports a long narrow head. Much of the head consists of a nose which protrudes over an underslung jaw.

The pendant of hair-covered skin called a "bell" which hangs from under the throat also contributes to the characteristic moose profile. The crowning glory of the bull moose is its set of antlers. These are renewed each year starting in April. They continue to grow all summer. After the mating season during September and October, during which they are used for battles over mates, the antlers begin to drop off. Generally all bulls have lost their antlers by late January.

After eight months of pregnancy, 20 to 30 pound calves are born in May or June. Single births are usual. When twins are born, survival of more than one is rare.

The cow moose may bear its first calf at 2 years of age but more frequently at three. Many cows miscarry because of insufficient diet.

About fourteen years ago, my husband and I took off on our first trip without accompanying children since the little darlings first came to stay. With the eldest eighteen, the next sixteen, the youngest and last eight, and my mother left in charge, we set off for one of the most beautiful of the States in the U.S. of A.

A glorious trip! A feast for the eye, a feast for the soul, and in a little village perched on a hilltop, reached by a winding, climbing, wooded road, we found a feast for the palate! And thereby hangs this tale.

I can't remember who told us about this little restaurant, but it came highly recommended. And our first meal there left us feeling lyrical. A husband and wife establishment; the restaurant had a curio shop attached and tended by the man of the family, while the wife, a woman whose charm was the equal of her cooking, which was French and superb, presided over the small and attractive dining room. Everything was perfection — the soup, the main course, the salad — and for once in that land of

overbounteous servings, the helpings were small enough to leave an appetite for dessert. Good!

"Phone ahead", we had been told, "and ask them to reserve some lemon cake for you. Everyone does. And they usually don't have enough to go around." We had phoned and our eyes had frequently roved to the large and luscious looking lemon cake sitting on the counter, carefully covered with a glass top, from which periodically our hostess would cut large, delicious looking slices, for those who had arrived earlier. Dangerously large, I thought, fearful that none would be left for us.

But our order had been placed and the last two pieces were ours. Ambrosia! Truly the most wonderful lemony lemon cake in the world. We went back again for more on that trip. And every other year after that, usually with children we would head for the hill with the lemon cake on top.

The search begins

I think it was on our second trip that I rather timorously asked

our hostess for the recipe. One or two pieces of this confection every two years just wasn't enough. But that charming lady with charming regret, indicated it was a chief attraction of her dining room and it wouldn't be practical, and of course, I would understand. Well, I understood alright, but I hated spending a year waiting to savor that gorgeous, moist, lemony cake, thickly iced with lacings of rich lemon butter icing.

Finally, it occurred to me, that if I tried every lemon cake recipe I could find, sooner or later I would come up with the King of the Lemon Cakes.

At the time I owned a lot of cook books — perhaps three dozen. So, I started in — lemon cake after lemon cake, and some of them very good too. But not THE Lemon Cake. The icing was no problem — easy to duplicate. But I went through all my cook books, pestered my friends for any lemon cake recipes they might have that I didn't, but still success eluded me. Off to the library

(continued on page 23)

World's largest carnivores Grizzlies best seen from afar

by John G. Woods

Spring is one of the best times of the year to see Grizzly Bears along the Trans-Canada Highway between Revelstoke and Golden. As the bears emerge from their dens they are attracted to snow-free areas where they feed on the new vegetation. The nutritious bulbs of yellow Avalanche Lilies and white Spring Beauties are well known items on a Grizzly's spring menu.

The Rogers Pass area of the Trans-Canada in Glacier National Park is a favourite spring haunt. Here, avalanche paths line the highway and their bare tracks usually abound in spring wildflowers which attract the hungry Grizzlies. As spring advances the Grizzly Bears follow the snowline up, and during a typical year, they spend their summer in the alpine country far above the highway and out of sight for most visitors. Occasionally, a very late melt may force them to spend part of the summer at lower elevations where they are far more likely to encounter man. In 1976 we had an exceptionally late season and Grizzlies were reported along the highway all summer. The trend to date this year is the reverse and it is likely that most Grizzlies will be enjoying the summer in the high-country.

According to on-going studies by our park wardens, about 50 Grizzlies make their home in Mount Revelstoke and Glacier National Parks. Co-operative studies by the wardens and the Canadian Wildlife Service have shown that these parks have the highest known concentration of Grizzly Bears of any national park in the west. This abundance is the result of a number of factors including: the productive vegetation resulting from our wet, mild climate; the heavy avalanche activity which creates their favoured feeding areas; and, the rugged wilderness of our region which has kept encroachment by man into the haunts of the Grizzly at a minimum.

Bill, John and the other park wardens have travelled for years in grizzly country and have a great respect for the huge bears. Part of their job is to insure that Grizzlies will always have a

home in these mountains.

Another part of their work is helping visitors avoid coming into conflict with the bears. According to John the best all-round advice for wilderness travel is to "use your head". Grizzlies are unpredictable and no standard advice will fit all situations. If you are planning a hike in our parks I highly recommend that you obtain a copy of the free pamphlet "You Are In Bear Country". This publication was prepared by experienced wardens such as Bill and John and it is full of things you should know before venturing into bear country. Stop by the Parks Canada Office in Revelstoke or write us if you would like a copy.

Grizzly Bears can only live in truly wild areas and their abundance in these mountains is proof of the untamed wilderness at our doorsteps. They command the respect and attention by man which is rightly due the largest carnivorous mammal on earth. To hike in Grizzly country is to realize that you are not the strongest nor the best adapted animal which wanders these mountains. To reserve places on earth where these potentially dangerous animals can live in their wild state is to exhibit one of the best examples I know of unselfish humanity.



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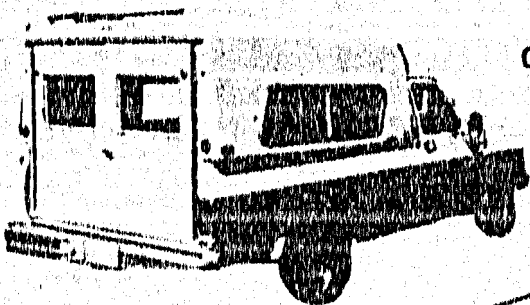
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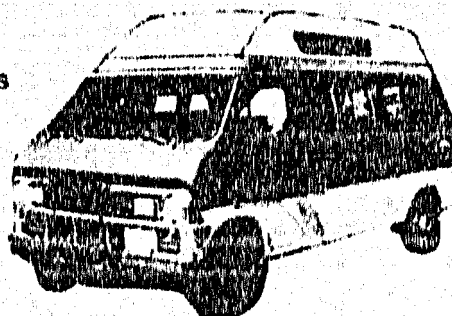
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"My husband's a conservationist — mostly money!"



OLDTIME FARMING is of increasing interest to Canadians who are discovering that the search for a present identity begins with a knowledge of one's roots. Farm museums across Canada, including the Glenbow Centre in Calgary and the Agricultural Museum at Langley B.C. are evidence of this interest as are smaller collections of farm implements and artifacts across Canada. Above from the archives of the Rimbey, Alberta, Record is a photo of a typical threshing outfit from the period just after the First World War. Other pictures are of the O'Keefe Ranch near Vernon, B.C. which dates back to 1868. The Ranch now preserved as a public museum will be visited by delegates to 1978 WRN Convention.



OLDEST CATHOLIC CHURCH in B.C. interior, located on the O'Keefe Ranch, was built by subscriptions from both Catholics and Protestants who pledged "to pay on or before November 1, 1886." It is located at the end of a walk which connects the old ranch house, the general store and the cook's house.



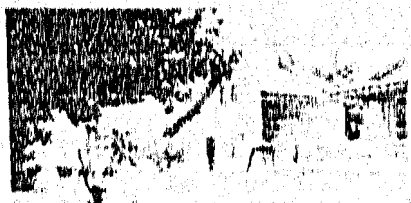
Pleasant spot to rest in front of general store.



Elaborately carved doorway of store.



Old coffee grinder stands inside doorway.



Original ranch house with side cut away to reveal dovetailed log construction.

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CANADIAN IMPERIAL
BANK OF COMMERCE

'Roughing it' at ranch great vacation

When they think of a farm or ranch vacation most city people imagine waking up to the smell of bacon lingering in the country air, eating homemade bread and flakey pies, eggs warm from the nest, fresh milk and cream, crisp vegetables, newly picked fruit. Trail riding, haying, cattle round-ups are all part of the imagining.

As Mrs. Swede Gano, a B.C. rancher who takes summer visitors puts it, it is a bit like staying with country relatives, and it depends very much upon the visiting city family just how much they want to become involved.

You can feed livestock, milk cows, count cattle or sheep, gather eggs, churn butter, mend fences, split wood, fish or just plain take it easy; either way, you will sleep soundly every night, for all that healthy air will leave you plumb tuckered out!

Remember however, that a successful farm vacation necessarily depends upon choosing the right type of farm or ranch for you and your family. At the present time, there are approximately 24 host farms in

B.C. - Dairy, fruit, mixed farming, and cattle and/or horse ranches giving one a good selection to choose from. In most cases, this type of vacation is working out just fine, but as this is not always the case, we ask the question, "Are farm and ranch vacations the right thing for the city dweller?"

In order to find out what farm and ranch vacations are all about, we booked for one week into the T/D Ranch of Bernie and Swede Gano near Anaheim Lake and spent a wonderful time on this working cattle and horse ranch in the Chilcotin of B.C.

A long way to go

To get to the T/D Ranch, one has to take the road from Williams Lake to Bella Coola (highway 20), a gravel road through a stretch of country that breathes history. The cattle are there, ignoring you as you drive by, but full of concern if you stop and get out of your car. Side roads beguile you to destinations that sound like a catalogue of western movies. And there are villages that look like movie sets,

and cowboys who work and look as if they could be movie heroes.

There is Lee's Corner from which, in 1898, Norman Lee started off to drive a herd of steers to the Yukon. Hounded by bad luck, bad terrain, bad weather and bad everything, Lee never got his cat-

tle to the gold-miners. He arrived in Vancouver with a dog, a dollar and a blanket — and obviously a sense of humour and the courage to set about rebuilding his herds.

It's impossible to miss Alexis Creek, with the only blacktop between the Fraser Valley rim and the Bella Coola Valley — and the only beer parlour, too. And how many cowboy and Indian skirmishes took place in the dramatic Bull Canyon (in truth a bull pen?) just west of town?

Alongside the road there is an obviously crowded graveyard. "Condemned, you know," a local sage sadly states. "No fire escapes."

At Nancootloo, now totally deserted, and the crossing of the Dean River, referred to as "Fish-trap", there are some shallow trenches and a brass plaque on a rock to mark the site where the MacDonald packtrain tried to fight off attacking Indians.

A warm greeting

Six hours after leaving Williams Lake we arrived at the T/D Ranch, which is about 30 miles before Anaheim Lake. Bernie and Swede Gano met us with smiles and handshakes. Later, talking to Bernie and Swede we learnt that nobody enjoys country vacations more than children. Imagine a young child milking his first cow as our two boys did, gathering fresh eggs right from under the hen or feeding the chickens. Helping with the daily chores is fun for children and adults alike, but there is nothing wrong with just plain loafing if that is what you want. Bernie and Swede understand that this is a vacation for the parents as well, thus you can do just as you like.

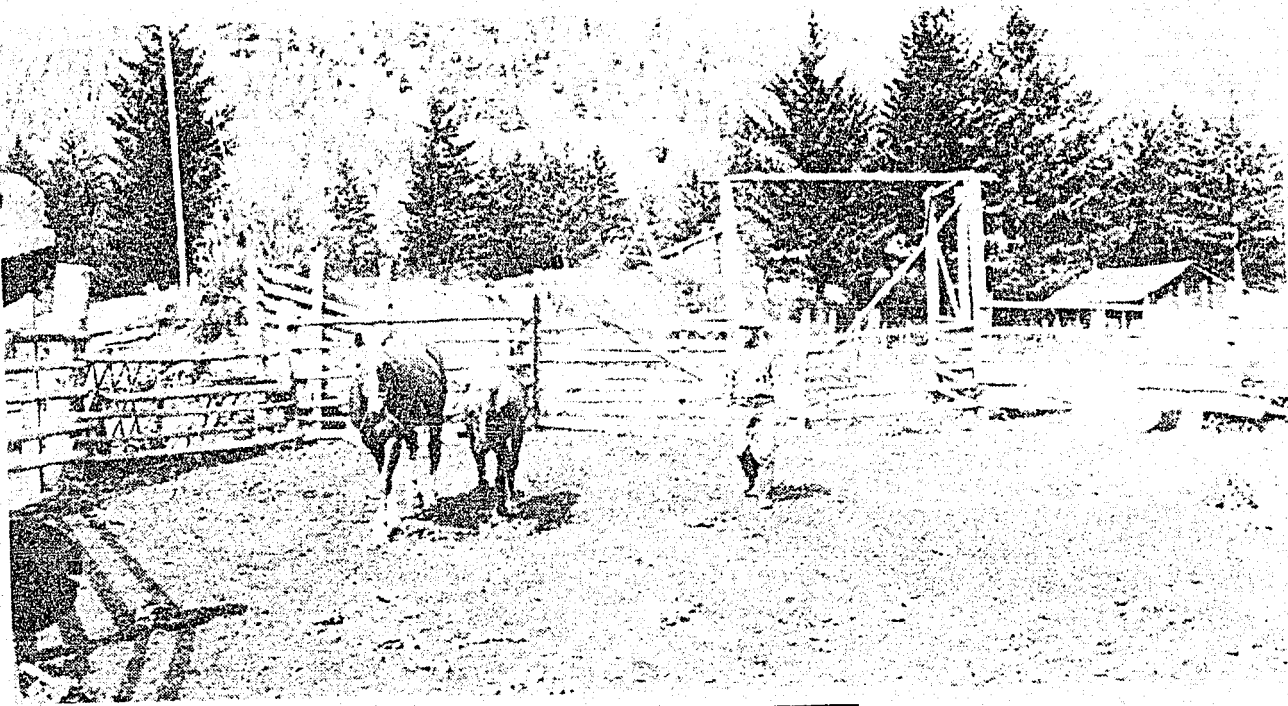
We feel that we were extremely lucky to have visited the T/D ranch. Both Bernie and Swede are interesting, well-informed people who go out of their way to make your stay as comfortable and pleasant as possible. The coffee pot is always on at the T/D and we enjoyed warm and genuine hospitality, while each day brought some new experiences.

The setting of the Gano ranch is beautiful, looking on the snow-covered coastal mountains. Our log cabin, which was separate from the main ranch house, gave us many evenings of cosy fireside chats. This log cabin, while very attractive, did not have running water or electricity — so keep in mind that part of the charm of such a vacation is its primitiveness.

Real country cooking

Swede is well-known for her hearty and delicious meals, and her own fresh baked breads and pies; and Bernie's stories of his earlier rodeo days are extremely

TWO SADDLE HORSES stretch their legs in the corral before being saddled for city visitors.



entertaining. Bernie is also a well-known guide with the Western Outfitters Association. He takes hunters into the mountains for grizzly bear, mountain goat, moose, wolf, etc.

Our stay at the T/D Ranch certainly confirms the comments made by the Youth Development people in Victoria. We came back from our holiday enriched in every way. Summer is not the only time to go into the country; fall, winter and spring all have their own appeal and pleasures. So, in answer to the question, are country vacations the right thing for city dwellers, we would say a qualified "Yes", providing you carefully select your farm/ranch location and family well ahead of time.

In B.C. David Freed of the Ministry of Agriculture in Victoria is in charge of the family farm vacation program which goes under the Youth Development branch. In their booklet which is available upon request, they explain the three basic types of accommodation: (1) full room and board. (2) cottages where guests can prepare their own meals (3) trailer and tenting areas.

Prices vary province to province, but they are reasonable everywhere, starting from around \$100 per week for adults and about \$65 per week for youngsters under 12, including three good farm meals a day. In most cases it is customary to pay a 10 per cent deposit when arrangements are made — and the balance at the end of your stay.

Remember to book early, because families tend to go back to their host farm year after year. Continuing personal relationships often develop. Accommodation will be basic, clean and comfortable, but not normally luxurious. Farm holidays offer something far more important than luxury, however, and that is the opportunity to renew oneself in the clean air and solitude of rural Canada.

In Alberta, Mrs. Georgina Taylor who is secretary-manager of ALTA Country Vacations Association, is in charge of farm and ranch vacations for the province. She is ready to give any assistance necessary.

If you are interested in such a vacation, then get in touch with David Freed, Youth Development Branch, B.C. Ministry of Agriculture, Parliament Buildings, Victoria, B.C. Tel: 387-6589 or Mrs. Georgina Taylor, Secretary-Manager, Alta Country Vacations Association, R.R. No. 1, Chauvin, Alberta, T0B 0V0. Tel: (403) 858-2234.

BE A FARM VACATION HOST IN '78



Do you have spare rooms in your home or a cottage on your property or possibly a meadow for campers? Why not turn them into an extra source of income next year and meet interesting city people at the same time.

You can do this by participating in the British Columbia Ministry of Agriculture's "Farm Vacation Program". Farm and ranch vacations for city people are becoming more popular all the time and more farm hosts are needed to meet the demand.

For more information on becoming a farm host, cut out the coupon and mail it to:

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Youth Development Branch
B.C. Ministry of Agriculture
Parliament Buildings
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No lack of demand for Aggie grads

With PhDs driving taxicabs across the country, and with recent freezes on hiring by Federal and Provincial Governments, education past high school doesn't look all that advantageous. But one degree — the Bachelor of Science in Agriculture — is holding its own.

Dr. John Peters, Co-ordinator of the Diploma Programme at the University of Saskatchewan, says, "Because of the freeze on hiring in recent years, agrologist and field rep jobs haven't been that good a source of employment lately. But the slack has been taken up by private industry."

Dr. John Bowland, Dean of Agriculture and Forestry at the University of Alberta, shares this optimism. "The general feeling is that the agricultural industry (in Alberta) is going to grow; the future is good for graduates."

In Manitoba, "There hasn't been as much incentive for students to enter graduate school in recent years because of the variety of good jobs available at

the Bachelor level," says Professor L. B. Siemens, Associate Dean of the School of Agriculture, U. of M.

What You Can Do With a Degree
BSc. Agriculture grads work for chemical, feed and fertilizer companies, in government, and even in education, radio and TV, and finance.

"The future looks good for research oriented graduates as well," John Peters says, "because a lot of our best researchers graduated just after the war, and will be retiring soon. In fact, there may be a shortage of people trained in research within the next 5 to 7 years."

Although the majority of the BSc Agriculture students are from the city (and about 1/3 of these are female), about 10 per cent of students in Manitoba, 15 per cent in Alberta, and 20 per cent in Saskatchewan graduate and take up full time farming.

Farmers with Diplomas

The two year Diploma in Agriculture is also producing jobs.

"For some jobs, the Diploma graduate is preferred to the Degree graduate," says Professor L. B. Siemens. "He's more practical, and has a wider knowledge base. About 24-30 per cent of the diploma graduates take jobs in industry or government (primarily in farm management areas) and the remainder return to farming."

In Saskatchewan, "Because over 90 per cent of our two year graduates return to the farm, we have more job openings for Diploma grads than we have people to fill them," Dr. John Peters says.

This happy state of affairs prevails because "The diploma students like farming; they're not particularly interested in research or theoretical matters."

Mr. Bill Baranyk, Vice-Principal of Instruction at Olds College (Alberta), says, "Overall, 60 per cent of our graduates farm or ranch; the remainder work as managers for big agricultural operations, technicians at re-



NOT MUCH LIKE A FARM SCENE but what farmers learn in classes like this one can pay off later in the field. Agriculture education is expanding in Alberta, in home study and extension courses as well as in school and college programs.

search stations and for chemical and feed companies. And many of our agricultural students are blockmen for the implement companies."

"Of our five production oriented courses," Baranyk says, "90 per cent of the graduates return to the farm or ranch. And in all 3 provinces, enrolment is at an all-time high."

The Degree Programmes

All three western schools cover the range of courses from Animal Nutrition to Soil Science and Plant Science, and have Pre-Veterinary Medicine Programmes. (The Veterinary College located at the University of Saskatchewan is jointly financed by the four Western provinces).

Requirements and specialties vary from province to province, but all three Universities stress their two major functions — research and teaching.

According to Dr. Bowland (U. of A.), the ideal faculty has "a reasonable balance of people primarily interested in research, those more interested in teaching, and extension people. We feel that the ideal is a 50 per cent split between the teaching and research."

At the University of Manitoba, "Our primary function as a faculty is to teach," says Dean L.

B. Siemens, "but because we are the major research arm of the Manitoba Department of Agriculture, we have a major commitment to basic research as well."

All three western universities have extensive research facilities. U. of A. has 5 permanent locations, plus "demonstration projects" and "feeder experiments" often carried out at the two year colleges. U. of M. has on-campus facilities plus farm property. U. of S. has 4 permanent facilities (including large on-campus farm), plus "test plots" in various locations throughout the province.

"The evidence is that research pays for itself many times over," Dean Bowland says. "And we feel that basic research is essential. Mission oriented research can produce certain results, but often important points are ignored. Once you understand the basics, about ruminant metabolism, for instance, you can systematically apply what you've learned and get practical results." (From basic research in soils for example, U. of A. has developed a soil testing programme, which analyzes over 10,000 samples a year for individuals and companies.)

MORE ABOUT . . .

Last of original mountaineers

(continued from page 6)

Banff to Mount Columbia, climb the mountain and be back for dinner. We used to do the trip with horses, rafting across the rivers, and it took us three weeks."

The Feuz brothers remember with pride that the Swiss guides led climbing parties for more than 50 years without a serious accident. The life of a mountain guide was not without hazards, of course, including the threat from grizzly bears.

Edward Feuz had his narrowest escape when he was buried in an avalanche at Abbot's Pass in 1924. He tells how two parties were working on an alpine hut half way up Mount Victoria. They left the Plain of Six Glaciers above Lake Louise early one morning to carry firewood to the hut, with Edward about 300 yards ahead of the others.

Buried alive

"Suddenly we heard a terrible noise. An avalanche was coming from the top of Mount Victoria. We couldn't see it, but the pressure lifted us, pulled the packs off our backs, and then the snow buried us."

"It was like cement in there. But after 20 minutes the second party came up looking for us. We all had something showing. My arm was above my head; my fingers showed above the snow, and they saved my life."

The alpine hut at Abbot's Pass is still in existence, the highest building in the Canadian Rockies at 2,879 metres (9,598 feet). Everything in it from bedding to cookstove has been packed up the mountain on someone's back, over crevasses hundreds of feet deep, through all kinds of weather. The pass itself is named after Phillip Abbot who plunged to his death there in 1896, the first mountaineer to die in the Rockies.

In the Feuz' experience, rescuing stranded climbers or those with broken limbs can be more dangerous than guiding.

One particular event in which their late brother Ernest took part, stands out in their minds.

In 1954, seven Mexican alpinists and their seasoned guide came to Lake Louise. Their intention was to climb three mountains during their 10-day stay. They met Walter Feuz who

advised them about their route, and later watched through field glasses as they began their ascent across the snow face of the south peak of Mount Victoria.

Only three survive

The group accomplished the climb safely, being the first to ascend by this route, and then began the downward climb. As Walter watched from below, he saw only three climbers where minutes before there had been seven.

The rescue operation began immediately. Ernest Feuz, then 65, and a 21-year-old medical student accomplished what is normally a seven hour climb up the mountain in under three hours. Plucking the terrified survivors from their slippery handhold and coaxing them down the mountain, the five reached safety early the following morning.

It was an accident that should never have happened and would never have happened, Walter Feuz maintains, if local guides had been used. The Mexican climbers had gone too far out on the face of the mountain, and worn crampons which were unsuitable for snowy conditions . . . both errors which proved fatal.

The CPR went out of the business of providing guides when Walter Feuz retired in 1959. Now alpine clubs and climbing schools, many of their members former students of the Feuz brothers, have broadened the interest in mountaineering. It is no longer an exclusive sport, except in the sense that it is limited to the fit and the courageous.

Must start young

There are guides available today, and strangely enough their names are usually of Swiss or Austrian origin. "You need a nature-loving people at home in the outdoors," Walter says. "Perhaps Canadians don't start young enough."

Certainly the Feuz family started young enough. At 13 Edward had climbed the 13,000 foot Jungfrau. Even more startling is his ascent of Mt. Temple, all 11,600 feet of her, on his 81st birthday. At 82 he led the first party of the year across the treacherous Abbot's Pass between Lake O'Hara and Lake Louise. And in the 70 years between these climbing feats,

Edward Feuz claims more than 100 first ascents of peaks in the various ranges of the Rockies.

Though there are only two of the original Swiss guides left, they will not be forgotten. Besides the Swiss Village in Golden, there is a substantial monument further north in the Lyell range. There, in the Lyell Icefield, five peaks in a row bear the names Christian, Walter, Ernest, Edward and Rudolph in honor of the original five guides.

"We were together all those years," says Edward. "Now we'll be together always."

A list of mountain guides is available from the Association of Canadian Mountain Guides, Box 1537, Banff, Alberta. Information on winter and summer mountaineering camps can be had from the Alpine Club of Canada, Box 1026, Banff.

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ROYAL BANK
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West Coast - rugged scenery and great beaches

(continued from page 3)

be shortlived. Long Beach provides great surfing but surfers are recommended to wear wet suits because of the cold water.

Getting there may not be half the fun, but going from Vancouver by car certainly can be enjoyable. The ferry trip from Horseshoe Bay (the prettiest of the ferry harborages) to Nanaimo is always pleasant.

From Nanaimo take Highway 15 north for 22 miles to Parksville, then turn west on Highway 4 for the 29 mile trip to Port Alberni. Avoid rushing and you'll enjoy the trip more. Take time to visit one or two of the numerous parks along the way.

Cathedral Grove unique

By all means stop at the MacMillan Bloedel Park for a stroll through the magnificent Cathedral Grove. Here is the last stand of virgin B.C. timber readily accessible by road. It is a real thrill to walk among these giant Douglas fir, some of them

800 years old, and observe the twisted forms and moss-hung limbs of the ancient trees. The best time of day for a visit is in the early morning when the ground mist makes the shapes more ghost-like and the towering trees seem to disappear into infinity.

In Cathedral Grove it is easy to understand the mysterious enchantment of old forests and one gains a better appreciation of the West Coast Indian's totem poles.

From Port Alberni No. 4 takes a winding and at times tortuous course through the Island Mountains to the west coast. Originally a logging road, the highway follows the path of least resistance through the mountains and this results in a highly scenic and picturesque passage.

The first part of the trip follows the shoreline of Sproat Lake which brilliantly reflects the wooded mountains that rise on the far shore. After leaving Sproat Lake the road follows a



TANGLE OF STARFISH in one of the tidal pools at Duffin Cove. This is a great spot for observing a wide variety of sea creatures and vegetation.

river passing a lookout provided by MacMillan Bloedel a good spot from which to take photographs.

Then one starts the more rugged part of the journey climbing a pass that leads through the mountains and eventually winds down the other side along Lake Kennedy which the highway skirts for several miles. Eventually the 67 mile trip from Port Alberni reaches a junction at the coast. Twenty-one miles in one direction is Tofino and 5 miles in the other Ucluelet. In between is the 24 mile length of Pacific Rim National Park with its many beaches.

Place to stay

Campers have the choice of many places to stop in the park grounds and at private camping grounds. If you are planning to stay in a motel you are forced to go either to Ucluelet or Tofino to find a place. Our preference is for Tofino which is the more picturesque community and which offers both comfortable accommodation and good places to eat.

Be warned, however, don't set out for the West Coast without reserving accommodation in advance. The number of motels is limited and the best places are booked far in advance during the summer season. The British Columbia Tourist Directory, available from the Ministry of Travel Industry, Victoria, is the indispensable guide to places to stay.

Our own recommendation is the Duffin Cove Motel and "A" Frames, which has nondescript basic furnishings, but provides separate bedroom and kitchenette at a price little over standard motel accommodation. Electric heat makes for comfort but the real attraction is the location of a promontory overlooking Duffin Cove. The view is superb and is enlivened by the coming and going of the small fishing boats which make Tofino their harbour. Below is a small beach with wonderful tidal pools for observing marine life.

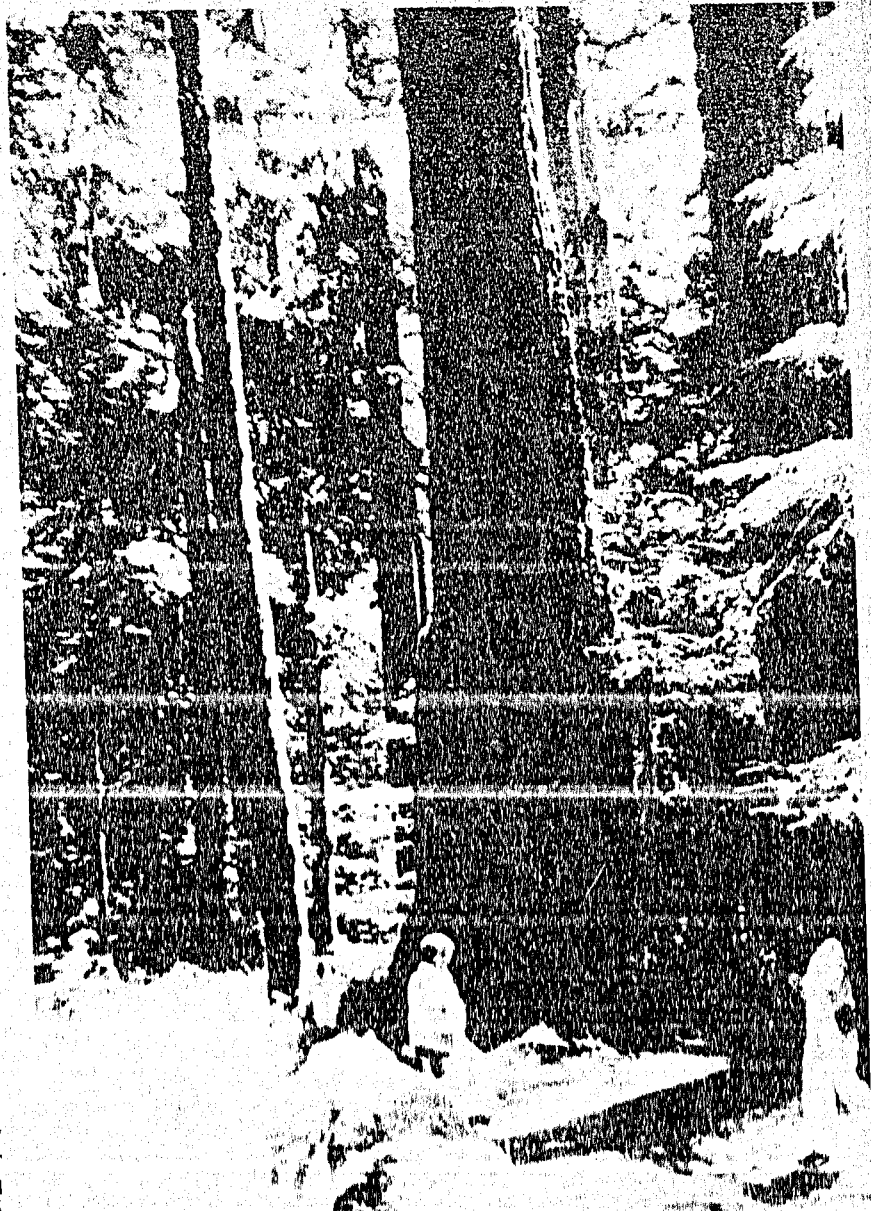
Tofino restaurants

For those meals you wish to eat out, there are a couple of better-than-average restaurants in Tofino. The Schooner prepares seafood, fresh from the docks two blocks away, cooked simply so that all the goodness remains. They make a superior clam chowder and as good fish and chips as are to be had anywhere. A limited selection of wines is available.

We can personally attest to the quality of the Schooner's kitchen. The Wildflower, immediately across the street, is also recommended for its seafood by people who have eaten there. The Wildflower prefers reservations and



END OF TRANS/CANADA HIGHWAY is on this Ministry of Transport wharf in Tofino which is where B.C. Highway 4 terminates.



GIANT TREES some of them 800 years old line the paths that wind through Cathedral Grove in the MacMillan Bloedel Park east of Port Alberni.

has more restricted hours than the Schooner which seats people on a first come, first served basis. This can mean a considerable wait on weekends.

Take a few days and get acquainted with Vancouver Island's West Coast and the lonely stretches of beach and sky

in the Pacific Rim National Park. We think you'll want to return again and again to watch the sea lions, to hear the surf, to walk through the mysterious rain forest or to view the whole panorama of the coast from the top of Radar Hill. It is a sure way to get away from it all.

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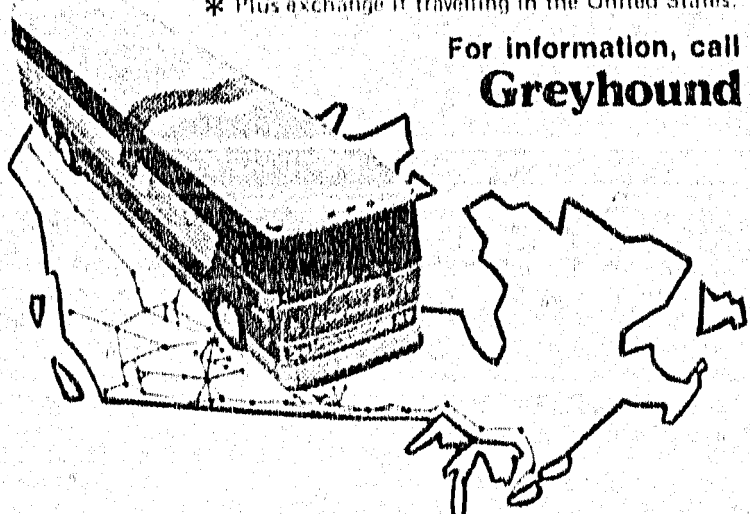
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Greyhound
Canada • U.S.

Royal Hudson steam train trip unique way to see scenic B.C.

by Krystyna Pottier

The lonesome wail of a steam train whistle.

Just the memory brings tears to the eyes of some people.

I can't honestly say I was ever that enamored of steam trains. I guess they were still around when I was growing up, but I don't remember them.

Now the Royal Hudson, good old 2860, has changed my outlook, and I have become a convert.

There was an added treat in store for me when I boarded the Royal Hudson at the British Columbia Railway station in North Vancouver. Unlike most of the other passengers, I made the trip to Squamish, (about 64 km or 40 miles) in the cab of the engine itself. I was quite unprepared for the delightful trip which lay ahead.

We pulled out of the station, and wound our way slowly through the suburbs of Vancouver: past backyard barbecues, poolside sunbathers, and over level crossings where parents had brought their small children to wave at the train.

The engineer and the fireman waved back and smiled. I waved and smiled too. It was hard not to, seeing those small fascinated faces looking up at us. It's obvious that since she returned to duty on June 20, 1974, the Royal Hudson has made a lot of friends.

Built in 1940, the 2860 was one of

the last of the class of locomotives distinguished by their 4-6-4 wheel arrangement (four wheels up front, six driving wheels and four wheels behind the drivers).

A short life

Her career was short, lasting only until 1956, but she was indeed of a royal class. A sister engine, the 2850, had pulled the Royal Train 5,158 kilometres (3,224 miles) from Quebec City to Vancouver, when King George VI and Queen Elizabeth visited Canada in 1939, thereby earning for herself and all similar Hudson locomotives the title "Royal".

However, the title wasn't enough to keep the 2860 out of the scrap heaps from which she was rescued periodically. The most recent rescue came when the British Columbia government decided this was just the engine it needed for an excursion train, and made plans to restore her.

And now, here I am, riding in her.

Before we get up full steam, it's hot in the engine. The shiny brass dials turn slowly, and the whistle hisses as it whines mournfully before each level crossing.

Although the Royal Hudson can go as fast as 160 kilometres (100 miles) per hour, the winding, twisting track along Howe Sound forces us to maintain a speed of between 48 and 64 kilometres (30 and 40 miles) per hour. And it's

nicer that way. Today, she pulls nine coaches, a baggage car, an observation car and a club car, named for places such as Quesnel, Lone Butte, Sundance and Lillooet, all locations on the main line of the British Columbia Railway.

In her heyday, she may have pulled as many as 20 passenger cars at speeds of between 144 and 152 kilometres (90 and 95 miles) per hour across the Canadian prairie.

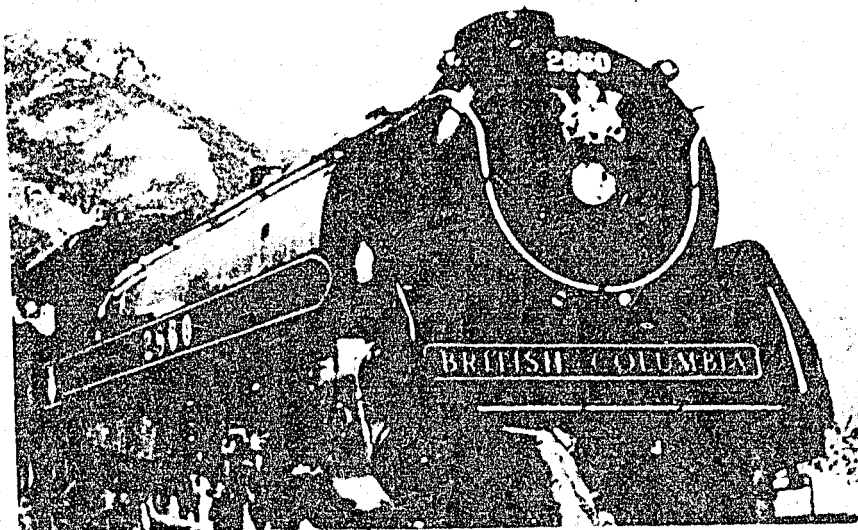
Through the tunnels

The mountains in British Columbia, however, make for different driving conditions. Here, tunnels had to be carved out of sheer rock.

As we enter the tunnel between Fisherman's Cove and Horseshoe Bay, we are engulfed in darkness. You can almost hear the rock whizzing past the engine, and the cab is warmed by the steam deflected off the tunnel walls. Finally, 1,396 metres (4,582 feet) later, we came out into the blinding sunlight, having gone through the longest of six tunnels on this route.

We have now passed Horseshoe Bay, and are well into the country. Sitting in the engine, listening to the hiss of the steam and the clang of the brass bell, I can almost reach out and touch the leaves on the trees beside the tracks.

We're going faster now, and the



THE ROYAL HUDSON, proud survivor of the great days of steam, makes regular excursion runs between North Vancouver and Squamish.

wind whips through the cab of the engine, reddening our cheeks and making it difficult to talk.

Occasionally the brakes screech as the engineer slows the Royal Hudson down to cross one of the old wooden trestles. Beneath the trestles, bubbling brooks carry the melted snow from the mountains to the waters of Howe Sound.

On the opposite shore of Howe Sound, the mountains come down from the mist to meet the water. Only the train's occasional whistle disturbs the tranquility.

An hour and a half after leaving North Vancouver we arrive in Squamish. Here, there's time for a leisurely lunch, browsing in some of the shops along the main street, or a close-up look at Old No. 2, a steam engine once used by the Pacific Great Eastern Railway, and now on display.

Then the whistle blows again, and it's time to board the Royal

Hudson for the return trip to North Vancouver.

A hint of the past

This time, I ride in one of the coaches with the other passengers.

Here, it is easy to remember the luxury of not-so-long-ago rail travel. Built in the late 1940s by the Canadian Pacific Railway, the coaches we sit in were used in regular service until the mid-1950s when they were replaced by newer stainless steel cars. The seats are deep and comfortable, and I can almost see the conductor coming through to announce that: "Dinner is served in the dining car".

Unfortunately, that is not to be. The round trip lasts six hours, and we will return to North Vancouver in time for supper. It's too bad, because dining on the Royal Hudson when she ran a regular route, must have been a pleasure.

Explore the many Autumns of BRITISH COLUMBIA Now. While the moments last.

It is a fleeting season.

A short, silent blaze of sunshine and colour before the long grey of winter.

So seize the moment. Just the two of you. Escape to the unordinary, undiscovered pleasures of Autumn. For a day, a weekend or a week.

Explore a ghost town. Ride a back road. Rent a cabin. Walk a quiet beach. Relax. Talk. And remember.

But do it now. Pick up and go. Winter is so close.

So much. So close. This fall.



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Ministry of the Provincial Secretary and Travel Industry
The Honourable George McCaig, Minister

Need ideas? Write for your free copy of the big new British Columbia Calendar of Events, 1977-1978, Fall and Winter.
Tourism British Columbia, Parliament Buildings, Victoria, B.C.



Tasty, low-calorie recipes

There is always an interest in low calorie foods which can be as attractive to the eye as they are to the taste. The following dinner menu is good looking and good eating:

Start with CONSOMME MADRILENE:

3 cups Tomato juice
1 teaspoon grated onion
3 cups chicken broth (use chicken bouillon cubes dissolved in water)

A piece of lemon rind
Salt and pepper

Heat to boiling point and strain. Flavour with lemon juice, sherry or Worcestershire sauce to taste.

Approximately 65 calories per serving. 8 servings.

Follow with MUSHROOM STEAK:

2 lb beef steak (chuck or round)
1" thick
Salt and pepper
1 medium onion sliced
½ cup sliced mushrooms
1 cup mushroom soup

Trim fat from meat. Pound well and sprinkle with salt and pepper. Place in casserole, top with onion and mushroom slices: pour soup over all. Cover tightly and cook at 350 degrees for 1½ hours. Uncover and cook 15 minutes more. Baste twice during this period.

Approximately 171 calories per serving. 8 servings.

Serve with SESAME BROCCOLI:

2 lbs broccoli
2 beef bouillon cubes
1½ cups of boiling water
1½ tablespoons toasted sesame seeds

Wash broccoli well, trim outer leaves and ends; split large stalks lengthwise. In skillet dissolve bouillon cubes in boiling water. Add broccoli and cover. Cook until tender crisp and liquid almost absorbed. Spoon into serving dish, sprinkle with sesame seeds and serve at once.

Approximately 25 calories per serving. Serves 8.

And with:
New potatoes boiled gently and sprinkled with chopped parsley. One medium potato approximately 90 calories.

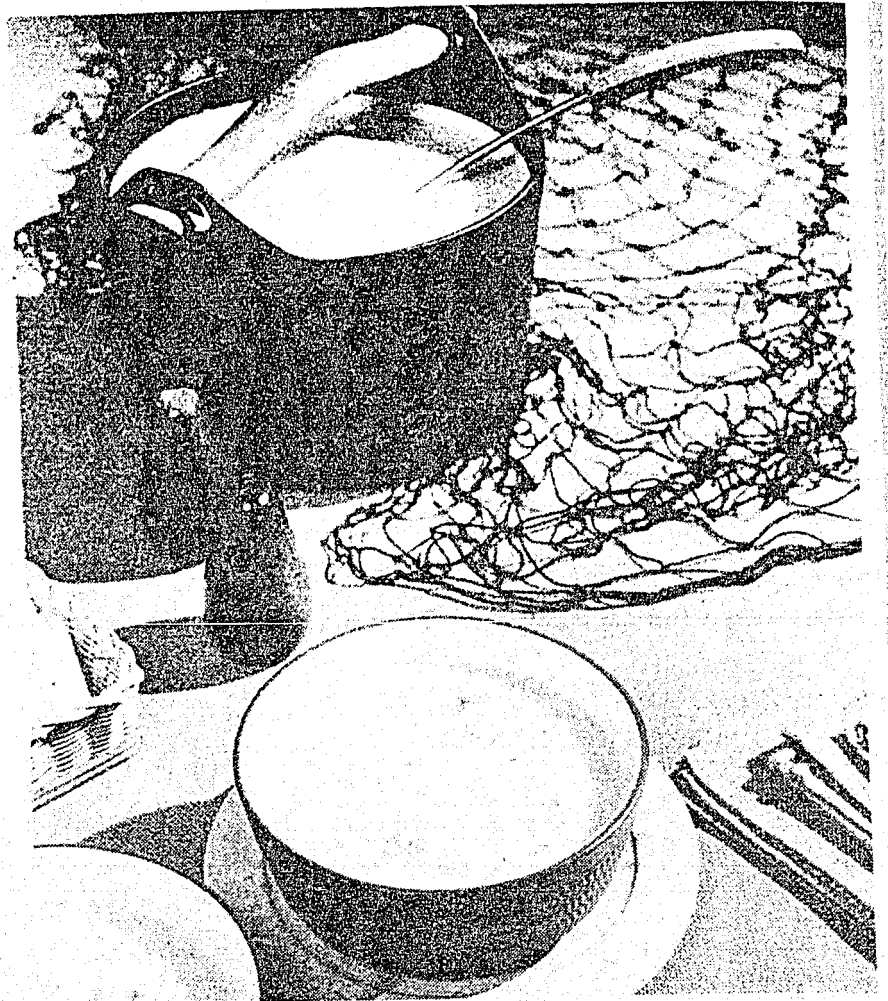
For salad to serve before or after main course, with fingers break one head of lettuce into bite size pieces and toss with 4 tablespoons Italian low-cal dressing.

Approximately 20 calories per serving. Serves 8.

And for applause top the meal off with APRICOT CLOUD-CAKE:

19 oz angel food cake
2 egg whites at room temperature
1/8th teaspoon salt
¼ teaspoon cream of tartar
¼ cup granulated sugar
¼ cup apricot preserves
2 tablespoons lemon juice
2 tablespoons syrup from canned apricots
1-17 ounce can small apricot halves.

Cut cake in half horizontally with serrated knife. Wrap bottom half for another occasion. Cut top half horizontally again. Beat egg whites salt and cream of tartar till foamy. Beat in sugar one tablespoon at a time and continue beating until stiff peaks form. In a small pan heat preserves and



NORTHWOOD SALMON SOUP

1 can (15½ ounces) salmon
¼ cup butter or other fat
¼ cup chopped onion
¼ cup diced celery
3 tablespoons flour
1½ teaspoons salt
1/8 teaspoon leaf thyme
1 cup salmon liquid and water
2 cups milk
1 cup tomato juice
2 tablespoons chopped parsley
Drain, if using canned salmon,

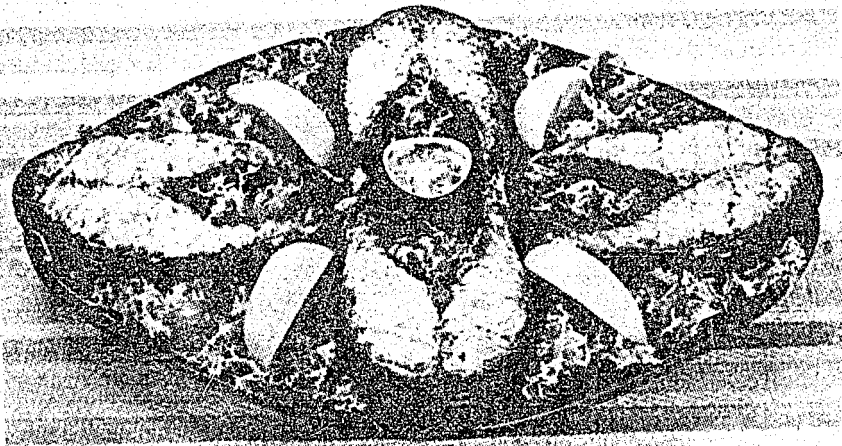
and reserve liquid. Break salmon into chunks and crush bones. Melt butter in a deep saucepan, saute onion and celery until tender. Stir in flour and seasonings. Add salmon liquid and milk gradually. Cook and stir until slightly thickened. Stir in tomato juice and parsley. Heat to simmering temperature but do not boil. Add salmon liquid. Serve piping hot.

Yield: 5¼ cups.

lemon juice over low heat. When liquid, strain into small bowl. Heat oven to 500 degrees F. Place bottom portion of cake on a baking sheet, sprinkle with 2 tablespoons apricot syrup and spread with strained solids. Arrange 7 apricot halves on bottom layer. Spread ¼ of meringue on underside of top portion of cake and

place on bottom portion. With a spatula spread remaining meringue over top and sides of cake. Bake 2 to 3 minutes until lightly browned. Remove from oven, arrange remaining apricot halves on top and spoon strained liquid over apricots to glaze.

Approximately 140 calories per serving. Serves 8.



SALMON STEAKS A LA PROVENCALE

4 (2 pounds) Salmon Steaks
¼ cup melted butter
½ teaspoon salt
Dash pepper
Lemon wedges

Rinse steaks under cold running water and dry well. Spread both sides of each steak with melted butter. Preheat broiler and broil steaks 3 to 4 inches from heat for 3 minutes on each side. Baste with remaining butter, season with salt and pepper and broil another 5 minutes. Turn,

baste again and broil 5 minutes longer, or until fish flakes easily when tested with a fork. Transfer steaks to a platter. Garnish with lemon Herb Butter.

GARLIC AND HERB BUTTER

6 tablespoons melted butter
1 tablespoon finely chopped green onion
1 finely chopped garlic clove
1 tablespoon finely chopped parsley
¼ teaspoon salt
Dash pepper

Mix all ingredients.

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SCHEDULE OF CLASSES

N.B.: Classes are subject to change without notice

LOWER MAINLAND

VANCOUVER

(001) CAMBRIAN HALL
215 E. 17th Ave.
WED. 7:00 p.m.

(004) ROYAL CANADIAN LEGION
3679 West Broadway
THURS. 7:00 p.m.

(003) JEWISH COMMUNITY

950 West 41st Avenue
TUES. 7:00 p.m.
THURS. 1:00 p.m.

(008) ST. PETER'S & PAUL HALL
1357 W. 38th Ave.
MON. 7:00 p.m.

(017) RYERSON MEMORIAL CENTRE
2195 W. 45th Avenue
TUES. 7:00 p.m.

(002) RENFREW UNITED CHURCH
2855 E. 1st Avenue
WED. 7:00 p.m.

(005) SCOTTISH AUDITORIUM
1805 W. 17th Ave. at Fir
TUES. 7:00 p.m.
WED. 9:30 a.m.

(006) SOUTH HILL UNITED CHURCH
645 E. 47th at Fraser
MON. 7:00 p.m.

(016) COLLINGWOOD COMM. HALL
6205 Kerr Street
THURS. 7:00 p.m.

(020) CENTENNIAL MOTOR HOTEL
898 W. Broadway
MON. 7:00 p.m.

WEST END

(013) DENHAM PLACE INN
1733 Camosie St. No. 712
Chlorine Room
THURS. 9:30 a.m.
THURS. 1:00 p.m.
THURS. 7:00 p.m.

(038) DEVONSHIRE HOTEL
849 W. Georgia (West Room.)
FRI. 5:00 p.m.

(042) RITE HOTEL (No. 207)
1040 W. Georgia
WED. 12:00 p.m.
WED. 1:00 p.m.

(015) SHERATON LANDMARK
1400 Robson Street
Conference Room 206
MON. 7:00 p.m.

WEST VANCOUVER

(011) ROYAL CANADIAN LEGION
580-18th St. at Marine
WED. 1:00 p.m.
WED. 7:00 p.m.

NORTH VANCOUVER

(023) HIGHLANDS UNITED CHURCH
3255 Edgemont Blvd.
WED. 7:00 p.m.

(025) COACH HOUSE MOTOR INN (Salon A)
700 Lillooet Road
MON. 7:00 p.m.

(014) ST. JOHN'S ANGLICAN CHURCH
13th & Chesterfield
THURS. 1:00 p.m.
THURS. 7:00 p.m.

(048) ROYAL CANADIAN LEGION
123 W. 15th Avenue
TUES. 7:00 p.m.

NEW WESTMINSTER

(007) OULIN'S AVE. UNITED CHURCH
339 Queen's Ave.
TUES. 7:00 p.m.

BURNABY

(010) CAPITAL HILL COMM. HALL
F. Hastings at Howard St. (5400 Blk.)
MON. 7:00 p.m.

(022) WILLINGDON HEIGHTS CHURCH
4304 Parker M. Burnaby
TUES. 7:00 p.m.

(009) MAIN CENTRE
7009 KINGSWAY
MON. 7:00 p.m.
TUES. 9:30 a.m.
TUES. 7:00 p.m.
WED. 7:00 p.m.
THURS. 1:00 p.m.
THURS. 7:00 p.m.

(018) ST. JOHN THE DIVINE CHURCH
3895 Kingsway
TUES. 7:00 p.m.

RICHMOND

(029) ROYAL CANADIAN LEGION
783 Westminster Hwy.
WED. 1:00 p.m.
WED. 7:00 p.m.

(021) GILMORE PARK UNITED CHURCH
806 No. 1 Road
MON. 7:00 p.m.

(042) SOUTH ARM UNITED CHURCH
1105 No. 3 Road
TUES. 7:00 p.m.

DELTA

(027) LADNER I.O.O.F. HALL
5425 Trunk Road
MON. 7:00 p.m.

TSASWASSEN

(049) S. DELTA REC. CENTRE
1720 - 56th Street
THURS. 7:00 p.m.

ALDERGROVE

(051) ELKS HALL
273 & Fraser Hwy.
WED. 7:00 p.m.

ABBOTSFORD

(032) TRINITY UNITED CHURCH
2668 Cedar at Hazel
TUES. 7:00 p.m.

MISSION

(040) MISSION REC. CENTRE
MON. 7:00 p.m.

CHILLIWACK

(033) COOK'S PRESBYTERIAN CHURCH
129 Wellington
MON. 7:00 p.m.

COQUITLAM MUNICIPALITY

(024) ST. STEPHENS ANGLICAN CHURCH
9887 Cameron (Lougheed Mall)
MON. 1:00 p.m.
MON. 7:00 p.m.

(028) ELKS HALL PORT COQUITLAM
3556 Shepperson St.
WED. 7:00 p.m.

PORT MOODY

(050) PORT MOODY REC. CENTRE
300 Isola Road (Display Room)
THURS. 7:00 p.m.

HOPE

(034) TOWN HALL
325 Wallace
THURS. 7:00 p.m.

LANGLEY

(030) DOUGLAS PARK HALL
20550 Douglas Crk.
MON. 7:00 p.m.

MAPLE RIDGE

(026) I.W.A. HALL
22558 Lougheed Hwy.
TUES. 7:00 p.m.

SURREY AND NORTH DELTA

(019) OAK AVENUE UNITED CHURCH
12740-102nd Ave. (Near 128th Street)
MON. 7:00 p.m.

(012) SURREY INN
9850 King George Hwy. (Salon A)
WED. 12:30 p.m.
WED. 7:00 p.m.

(032) NORTH DELTA RECREATION
11415 - 64th Avenue
WED. 7:00 p.m.
FRI. 1:00 p.m.

WHITE ROCK

(031) CENTENNIAL ARENA PAVILION RECEPTION HALL
14000 N. Bluff
WED. 7:00 p.m.

VANCOUVER ISLAND AREA

CAMPBELL RIVER
(108) ELKS HALL 11
11th Avenue
TUES. 7:00 p.m.

DUNCAN

(110) ST. EDWARDS CHURCH
2081 Trickleham
TUES. 1:00 p.m.
TUES. 7:00 p.m.

HANAIMO

(105) REBAN PARK REC
Bowen Road
MON. 1:00 p.m.
MON. 7:00 p.m.

PARKSVILLE

(112) REGULAR BAPTIST CHURCH
100 Hunt
THURS. 7:00 p.m.

SOOKE

(114) HOLY TRINITY CHURCH
1963 Murray
WED. 7:00 p.m.

PORT ALBERNI

(106) ALL SAINTS ANGLICAN
4926 Southgate
TUES. 1:00 p.m.
TUES. 7:00 p.m.

SAANICHTON

(104) AGRICULTURAL GROUNDS
Saanichton
THURS. 7:00 p.m.

VICTORIA

(100) LANGFORD CENTENNIAL HALL
1011 Goldstream
TUES. 7:00 p.m.

(101) FIRST UNITED CHURCH
932 Balmoral & Quadra
TUES. 1:00 p.m.
TUES. 7:00 p.m.
WED. 7:00 p.m.

(102) NORWAY HOUSE
1110 Hillside
THURS. 1:00 p.m.
THURS. 7:00 p.m.

(103) ESQUIMALT UNITED CHURCH
500 Admiral Street
MON. 7:00 p.m.

(107) GORDON HEAD
Thomas Moore Centre
Gordon Head Rd.
TUES. 7:00 p.m.

(113) SAANICH LIBRARY
880 Seymour Avenue
WED. 10:00 a.m.

LADYSMITH

(115) LADYSMITH DIAMOND HALL
TUES. 7:00 p.m.

SOUTHERN B.C. AREA

(116) CASTLEGAR
NORTH HALL
TUES. 7:00 p.m.

CRANBROOK

(121) ELKS HALL
711 Hootenay St. North
MON. 7:00 p.m.

ENDERBY

(229) CITY HALL
THURS. 9:30 a.m.

FERNIE

(222) ROYAL LEGION
Lodge Bldg.
THURS. 7:00 p.m.

INVERMERE

(226) TOWN HALL
MON. 7:00 p.m.

KAMLOOPS

(200) MOOSE HALL
406 Fortune Drive
WED. 7:00 p.m.

(203) ODDFELLOWS HALL
Battle St. & 13th
MON. 7:00 p.m.
THURS. 1:00 p.m.

(214) CHURCH OF CLEOPAS
3041 Westside Road
TUES. 7:00 p.m.

KINDERLEY

(218) KINDERLEY OUGHTERED HALL
"Clayton Camp"
795 Knighton Road
WED. 7:00 p.m.

PRINCETON

(228) PRINCETON SENIOR SEC. SCHOOL
170 Vermillion
TUES. 7:00 p.m.

KELOWNA

(204) WOMEN'S INSTITUTE
HALL
770 Lawrence Ave. at Richter
TUES. 7:00 p.m.
THURS. 1:00 p.m.

PENTICTON

(208) MAISONIC TEMPLE
157 Orchard Road
MON. 7:00 p.m.

SALMON ARM

(206) SHUSwap INN
No. 1 Hwy. & Ross Rd.
TUES. 7:00 p.m.

CRESTON

(223) ELKS HALL
WED. 7:00 p.m.

SPARWOOD

(219) ST. BARBARA'S CHURCH
WED. 7:00 p.m.

TRAIL

(209) KNOX UNITED CHURCH
1300 Pine Street
WED. 7:00 p.m.

SUMMERLAND

(227) HEALTH CENTRE BLD.
TUES. 7:00 p.m.

MASSET

(306) ST. PAUL'S ANGLICAN CHURCH
MON. 7:00 p.m.

NOR. B.C. AREA

POWELL RIVER

(046) ST. DAVID'S ANGLICAN CHURCH
Joyce at Duncan
MON. 7:00 p.m.

DAWSON CREEK

(303) DAWSON CREEK PUBLIC LIBRARY
1001 - 107th Avenue
WED. 7:00 p.m.

PRINCE GEORGE

(304) CIVIC CENTRE
1295 - 7th Avenue
MON. 7:00 p.m.
TUES. 7:00 p.m.
THURS. 1:00 p.m.

FORT ST. JOHN

(305) FORT MOTOR HOTEL
10024 - 100th Avenue
THURS. 7:00 p.m.

TERRACE

(307) KNOX UNITED CHURCH
4907 Latella
TUES. 7:00 p.m.

SMITHERS

(308) REGULAR BAPTIST CHURCH
THURS. 7:00 p.m.

WILLIAMS LAKE

(309) ST. PETER'S ANGLICAN CHURCH
549 Carson Drive
WED. 7:00 p.m.

MCKENZIE

(310) MCKENZIE ARENA
TUES. 7:00 p.m.

OCEAN FALLS

(311) CHARLESTON HIGH SCHOOL
THURS. 7:00 p.m.

KITIMAT

(312) RIVER LODGE
MON. 7:00 p.m.

Strong case for adults drinking more milk

Why should adults drink milk? Can drinking milk cause cancer? ... or heart attacks? These are the kind of questions asked of B.C. Dairy Foundation nutritionists at the Big Ideas Nutrition Education Workshops.

Here are some nutrition research findings that help us to discuss controversial issues related to the Dairy Industry:

Osteoporosis and Milk Drinking

Osteoporosis is a disease of the older adult, with the following symptoms: loss of height, back pain, and easy fracture of bones. A possible cause of osteoporosis is an imbalance between calcium and phosphorus in the diet, according to Dr. Ruth Renner of the University of Alberta.

Milk and milk products are the best sources of calcium for adults and children alike in Canada. Phosphorus is more widely distributed in foods than is calcium. It's found in meat and many processed foods as well as milk and milk products. The result is that the modern North American tends to have too much phosphorus in relation to calcium.

Dr. Renner recommends consuming more milk and milk products and taking in less meat, soft drinks and baked products in order to achieve a good balance between calcium and phosphorus in the diet.

Diet and Cancer

Following claims by Dr. Leonard Fratkin linking "estrogen-like" substances found in cow's milk to the incidence of breast cancer, the B.C. Nutrition Council formed a committee to study the problem. Many life style factors have been associated with the occurrence of cancer but no specific part of the diet seems to actually cause breast cancer.

A study of estrogen in cow's milk shows that only a fraction of one per cent of the total amount excreted during the estrous cycle ends up in the milk. According to

the Food Information Service of the Department of Food Science at UBC, a person would have to drink 50,000 litres of milk to equal the estrogen content of one oral contraceptive pill.

Therefore although estrogens could be involved in the development of breast cancer, cow's milk does not seem to be a significant source.

Diet and Heart Disease

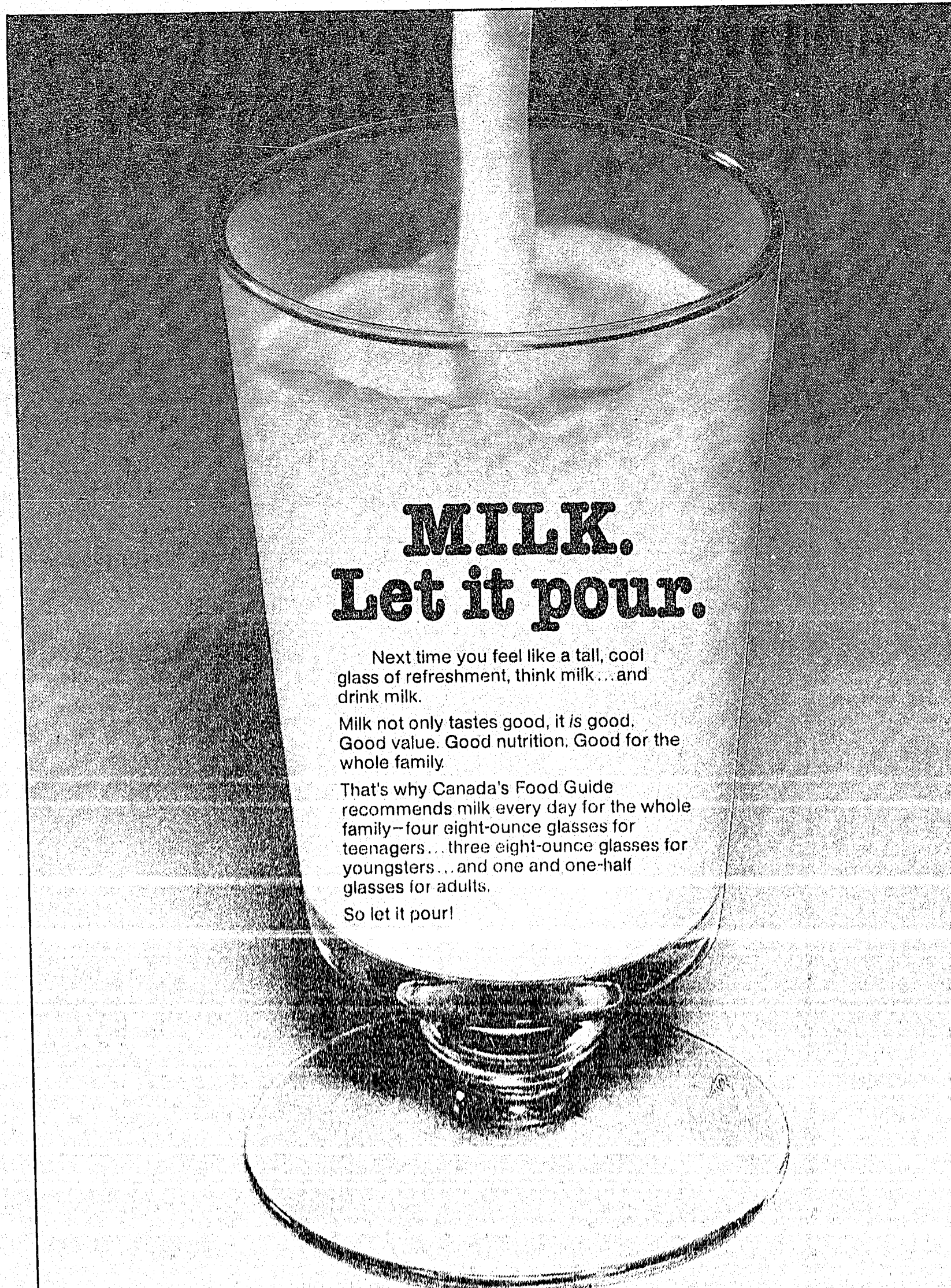
In the past, we heard a lot of talk about the cholesterol content of food as a possible cause of heart disease. There are so many conflicting results arising from research projects that B.C. Nutrition Council decided to work together on a statement on Diet

and Heart Disease for the general public. It recommends:

1. Eating a nutritious diet that follows the Canada Food Guide.
2. Reducing weight if presently overweight.
3. Cutting down on the total amount of fat in the diet rather than changing the kind of fat.

It is important to emphasize that these suggestions are for the general public. If your doctor has put you on a modified fat diet for medical reasons, you should continue to follow it.

If you have any questions about any of the nutrition information in this article, please feel free to call Judy Toews or Joyce Mackay at 294-3775.



MILK. Let it pour.

Next time you feel like a tall, cool glass of refreshment, think milk... and drink milk.

Milk not only tastes good, it is good. Good value. Good nutrition. Good for the whole family.

That's why Canada's Food Guide recommends milk every day for the whole family—four eight-ounce glasses for teenagers... three eight-ounce glasses for youngsters... and one and one-half glasses for adults.

So let it pour!

The case FOR dairy products

The continuing controversy about the alleged link between coronary heart disease and dairy products and other saturated fats, has prompted the Butter Information Council to produce an eight-page leaflet explaining the "other" side of the debate.

Chairman of the council, Mr. James Morton, writing in the leaflet entitled Briefing on Health and Fat, says the BIC is very disturbed by some medical opinion which promotes hypothesis as fact and conducts in public media a debate which has never been resolved in medical scientific circles.

"What we do know is," he says, "After years of research ... no causal relationship has been established between dairy products and coronary heart disease." He goes on to say that the BIC rejects efforts to advocate changes in the diet of the entire population, when there is no evidence that substitution of one fat for another had any effect on mortality.

The leaflet sets out to show that there are many other facts to be considered in this argument about a disease which is now increasingly diagnosed by better investigation techniques in our ageing population.

(From the Milk Producer, London, England).

Milk—the beautiful family food.



THE REWARD OF HARD WORK a beautiful garden pays dividends in pleasure which cannot be calculated.

Preparing garden for winter pays off many times next year

By Guy Symonds

Among the outpourings of the romantic poets on the subject of autumn is one that eulogizes "... congenial Autumn, Sabbath of the year."

That "Sabbath" may be a day of rest for Nature but it is a poor description of the gardener's situation. Because here is no time to rest but a most important time for doing the work on which depends to a large measure, the success of next year's garden.

Most garden books describe this time of the year as "clean-up

time" and this is completely true, though not necessarily truly complete, in the gardener's full program of work.

"Clean-up" includes the lifting of the plants that must be put out of the reach of winter and taking precautions against damage to those that can stay where they are, but with some protection.

For both these classes any good gardening book will give the answers. The point is - it must be done.

The proper care of tuberous begonias for instance, which

seem particularly happy in the Coast climate, means healthy stock for next year's plantings with the knowledge that there will be a minimum of disappointment in the new season's flowering. But the work of lifting, drying, dusting and storing must be done now getting them out of the ground before the first frost and not attempting to remove the stems until they are completely decayed.

But this is not a garden book - merely a few words in season to act as guideposts for those who may be interested in making their own journey. All the technical information is readily available from the professionals.

Do it now

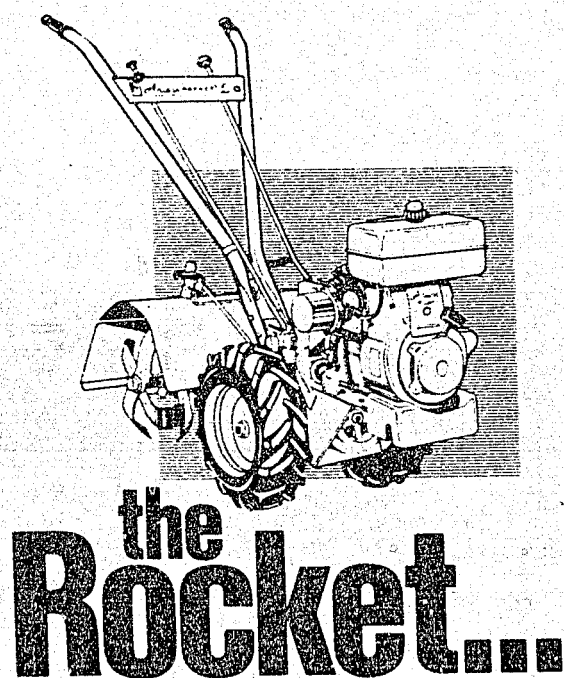
So if you don't have tuberous begonias but do have Calla lilies, dahlias, fibrous begonias or similar plantings that have a dormant season, get the information now and do the work now.

For the non-dormant kinds: geranium, fuschias, peonies, there are well proven procedures that will keep the plant going through the winter while still con-

(continued on page 23)



A CUT ABOVE THE REST



the Rocket...

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7 HP Rocket offers you:

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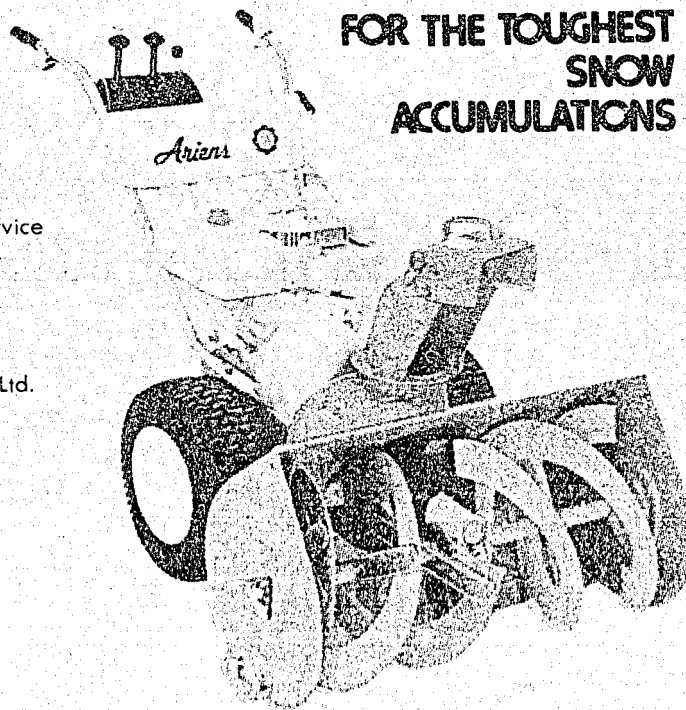
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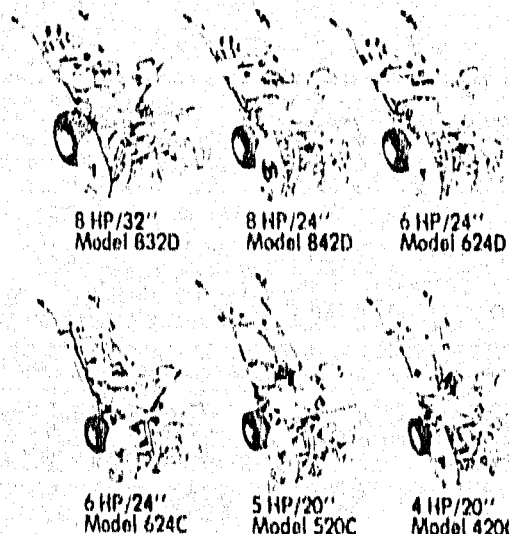
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Ariens also offers an 8 HP/24", two 6 HP/24", 5 HP/20" and 4 HP/20" Sno-Thro models to fit the Sno-Thro to the job you want done. Why not visit any one of the authorized Ariens dealers listed.



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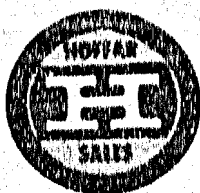
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Heritage Canada

(continued from page 9)

corner of Portage and Main. Heritage Canada provided \$25,000 as its share of a feasibility study of the area undertaken with the Manitoba Historical Society.

"The process of creating a feasibility study should educate the community about the possibilities that exist in an area," according to Jim Knight, Heritage Canada's director of programs. "That, in fact, is the principal value. Secondly, the report can be used for program development and to encourage investors."

Restaurant owners and merchants were already returning to the area when the feasibility study showed that many of the turn-of-the-century buildings could be rehabilitated for as little as \$10 per square foot compared with as much as \$50 per square foot for new construction. Now the district seems destined to be unique among prairie cities. And Heritage Canada is among the growing list of prospective investors.

Another \$25,000 has gone into a study of an area suitable for conservation in the downtown core at St. John's, Newfoundland, where handsome five-bedroom houses can still be bought for \$6,500 and put into mint condition for as little as \$15,000.

And in Nova Scotia, Heritage Canada begins a feasibility study this year of a community with some of the most beautiful buildings and one of the highest unemployment rates in the province — Annapolis Royal. Today, in the centre of town, there's an 18th century hotel that houses a taxi dispatch office. On the main street, a three-storey commercial building established in 1870 was almost sold recently for \$5,000 to make room for a used-car lot. If experience elsewhere is any guide, now that the feasibility study is going ahead, Annapolis Royal has already been saved.

With this kind of call on its services, Heritage Canada expects to double its membership well before the end of the decade. Then, with widespread support and a strong track record, it will probably make its first national appeal for funds.

From The Imperial Oil Review

Starting cuttings is easy just takes care and know-how

It is not difficult to start your own house plants — it's just a matter of knowing which method is suited to which plant. Since one of the most frequent questions asked is, "How do I root philodendrons, or dieffenbachia, or spider plant, or schefflera, and so

on", I hope this article on House Plant Propagation will give some of the answers.

Methods of rooting plants include; stem cuttings, leaf cuttings, divisions and the rooting of runners and suckers. No doubt the one most used is the rooting of

stem cuttings. The most familiar adaptation of this method is the removal of about six inches of stem from an established plant. The cutting is then rooted in water.

Water, as a rooting media, is satisfactory for easily rooted plants, but for those that are somewhat slower, sand, vermiculite, peat moss or combinations of these should be used. If water is used, keep it fresh by changing it every other day or so. Otherwise, in stale water, stem rotting bacteria are likely to develop.

When taking the cutting, cut the stem about 1/4 of an inch below an aerial root or leaf node. It's at these locations that roots form. Cuttings prefer a high humidity for rooting. This can be achieved by placing a plastic bag over the pot of cuttings.

In addition to using terminal sections of a stem for rooting, an entire length of stem can be cut into sections — each section producing a rooted plant. This method can be used with dieffenbachia.

Plants that will root from stem cuttings include: Wax plant, Ivy, Velvet plant, Philodendron, Pothos, Syngonium, Wandering Jew, Peperomia.

(Easily rooted in water)

Jade rubber plant, Dieffenbachia, Aphelandra, Geranium

(Use rooting media)

On a philodendron, the aerial roots will often grow. They can be removed or can be allowed to grow into the soil to provide additional support to the plant.

MORE ABOUT . . .

Super sleuth

(continued from page 14)
to copy out umpteen recipes. Still no luck.

No help from Gourmet

Well then, another bright idea! I wrote to Gourmet Magazine. Even some of the most famous chefs in the world part with their recipes at the request of the mighty "Gourmet". But not this lady. A great cook — no question about that. We never tasted a dish in her dining room that wasn't first rate. But stubborn in defense of her kitchen secrets.

And then, disaster! Next time down, we didn't phone ahead, but went early to be sure of getting our share of the cake. We drove up to the door and catastrophe! Our little restaurant had turned into a dress shop!

We sat there stunned. Oh, surely not! It couldn't be! No more lovely lemon cake even once a year! But then, ahah! — we noticed that the curio shop was still there. Out of the car and into the shop with heart in mouth and to our delight there they were the Mr. and Mrs. of the establishment. How happy we were to see them and how we mourned the loss of the restaurant and the lemon cake — especially the lemon cake.

Our former hostess had decided to retire from cooking for the public. A great loss to the public — US. She now spent a few hours each day in the shop with her husband and we were lucky that we arrived at a time when she was there. Because, when I told her I had written to "Gourmet", she finally broke down and gave me the recipe for her famous cake. In fact she wrote it down for me.

The secret is out

And when my daughter, who was with us, and I saw what she

had written we both went into a state of shock. We are old-fashioned cook-from-scratch cooks, so you will understand our reaction.

Here it is in all its glory:

1 package Duncan Hines yellow cake mix
1 package (4 serving size) Jello Instant Lemon Pudding
4 eggs
3/4 cup Crisco oil
3/4 cup water

Blend and beat at medium speed for 2 minutes. Bake in greased and floured Angel cake pan at 350 degrees F for 55 to 60 minutes. When cake pulls away from sides of pan it is done. Cool. Cut through centre with thread and fill with gobs of lemon butter icing. Ice entire cake with same.

I recovered from shock and couldn't wait to get home to try it. And when I did, miracle of miracles the cake was every bit as good as when we had enjoyed it in that cozy little dining room.

And would you believe that it was almost a year later before I noticed that the recipe was printed on the side of the Duncan Hines cake mix — the only difference being that the recipe I was given had one quarter cup more of water and one quarter cup more of oil. Nor had anyone else noticed. Not one of the people to whom I gave the recipe, and above all not super-sleuth — ME! So much for home cooking!

I have purposely refrained from giving the name of our hostess who is a truly great cook and shouldn't be embarrassed. For the same reason I have not mentioned the name of the State. But I take my hat off to a woman who knew a good thing and with a small change made it her own.

MORE ABOUT . . .

Preparing gardens

(continued from page 22)

serving its energies for next season. Their treatment would seem to be a little more ticklish than that for the species that simply lie down and "dream the happy hours away". But again the detailed information is yours for the asking.

Every rose grower has his own way of handling pruning and fertilizing for the next year. From personal experience it has been found inadvisable to prune the hybrids and standards till the late winter in order not to risk frost damage while the sap is still up in the wounded stems. Fall saw the application of a heavy loading of peat moss round the base of the bush to be augmented in late winter with compost and manure. It seemed to work.

The matter of planting shrubs and trees: Should this be done now or in early Spring? The popular opinion is on the side of autumn planting. Sap is down in the root system and there is little demand by the tips and tops. So the root system has a chance to establish itself before the warm air calls the sap to work. However, it was found that March or April planting was to be

preferred to avoid the danger of frost heave lifting them out of the ground.

Seed lawns now

Then there is the lawn. There is no better time to seed a new lawn than in September. Less loss from birds stealing the seed, less weed germination and the chance of forming that all-important, sturdy root system are some of the advantages over spring sowing.

So clean up time in the flower garden is a lot more than just making it tidy. Next year's beauty in your garden will be largely the result of work done through Nature's Sabbath.

In the vegetable garden about the only plants safe to leave in the ground over winter are parsnips and leeks. On the surface curly kale is all the better for frost and in most circumstances last throughout the winter. Even zero Celsius will leave it crisp and sweet. Brussel sprouts too are all the better after a touch of frost.

A final word — don't forget the all important compost heap. Use all the soft stuff and if there are wood cuttings burn them and save them for their potash. Next year's potatoes will thank you.

IT'S FALL CLEAN UP TIME!!

THIS TIME MAKE CLEAN UP CHORES EASIER, QUICKER & CHEAPER!!

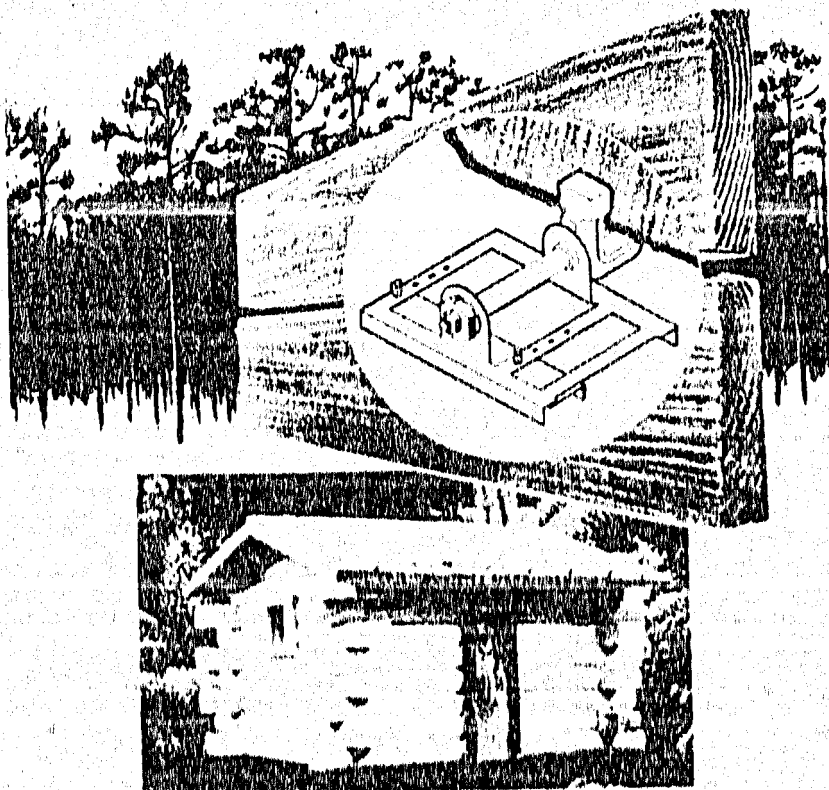
Before Winter comes, before you close down that Summer home or finish gardening . . .

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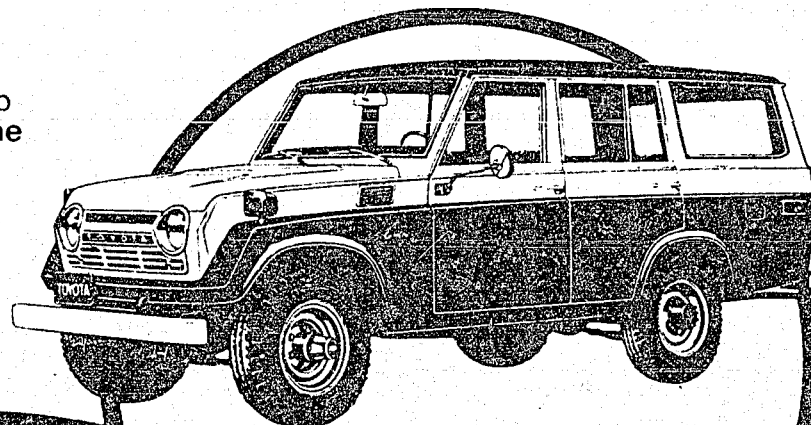
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Land Cruiser Wagon

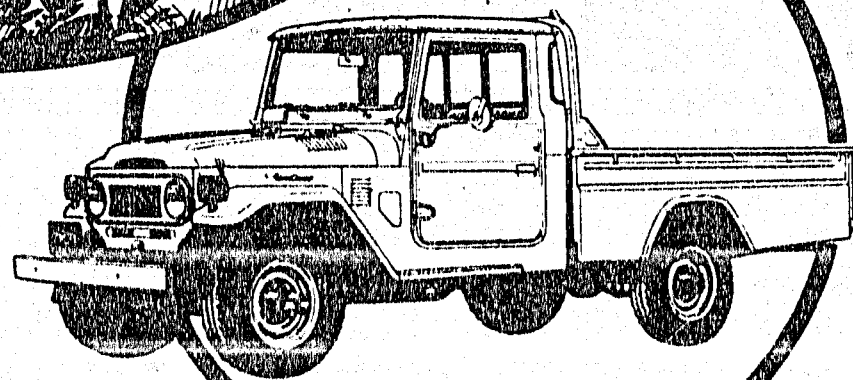


Land Cruiser Hardtop

smooth ride on or off the road. A 4-speed full synchromesh transmission with a smooth-acting 2 speed transfer case lets you switch from 2-wheel drive to 4-wheel drive without having to stop. And when you do want to stop, large power assisted front disc/rear drum brakes let you do it quickly and safely. Power drum brakes are standard on the pickup.

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